

THE REGI-  
ment of Life.

*Whereunto is ad-  
ded a Treatise of the  
Pestilence, with  
the booke of chil-  
dren.*

Latelye corrected and  
enlarged by Tho-  
mas Phayre.



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# The Preface to the booke of Children.



Although (as I doubt not) euery good man will interpret this worke to none other end, but to be for the comfort of them that are diseased, and will esteeme no lesse of me, by whom they profit, than they wil be glad to receiue the benefits. Yet forasmuch as it is impossible to annoyde the teeth of malicious enuy. I thought it not unnecessary to preuent the furies of some, which are euer gnawing and biting upon them that further any godly sciences. To those I protest, that in all my studies I neuer intended or yet doe intend to satisfie the mindes of any such picke-faults (which will doe nothing but detract and iudge other, snuffing at al such that offendeth the noses of their momish affections, howsoeuer laudable it be otherwaies: ) But my purpose is here to do them good that haue most need, that is to say, children: and to shew the remedies that God hath created for the vse of man, to distribute in English to them that are vnclearned, part of the treasure that is in other languages, to prouoke them that are of better learning, to utter their knowledge in such like attempts: finally to declare that to the vse of many, which ought not to bee secret for lucre of a few: and to communicate the frutes of my labours, to them that wil gently and thankfully receiue the, which if any be so proude or supercilious, that they immediately wil dispise. I shal friendly desire them with the wordes of Horace: Quod si meliora nouisti, Candidus imparti, si non, his vtere mecum. If they know better, let vs haue part: if they doe not, why repine they at me? Why condemne they the thing that they can not amende? Or if they can, why dissimule they their cunning? How long would they haue the people ignorant? Why grutch they Physick to come forth in English? Would they haue no man to knowe but onely they? Or what make they them selues? Marchauntes of our liues and deatbes, that we should buie our health only of them, and at their prices? no good Phisition is of that minde. For if Galen the Prince of this arte being a Grecian wrote in the Greeke: King Auicine of Arabia in the speech of the Arabians: If Plinius, Celsus, Serenus, and other of the Latines wrote to the people in the latin tongue: Marfilius Ficinus (who all men assent to be singularly learned) disdained not to write in the lan-



## To the Reader.

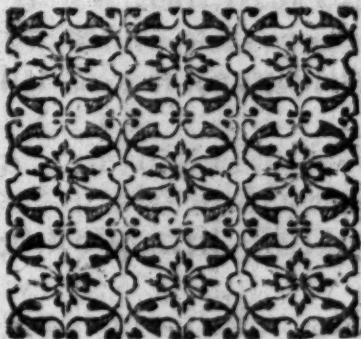
guage of Italy: generally if the intet of al that euer set forth any noble study, haue beene to be read, of as many as would: What reason is it, that we should huther murther here among a few, the thing that was made to bee common vnto all? Christ saith: No man lighteth a candle to couer it with a bushel, but setteth it to serue euerie mans neede: And these got about, not only to couer it when it is lighted, but to quench it afore it be kindled (if they might by malice) which as it is a detestable thing in any godly science: so we thinketh in this so necessary an arte, it is exceeding damnable and deuclish, to debarre the fruition of so inestimable benefices, which our haauenly father hath prepared for our comfort and innumerable vses, where with he hath armed our impotent nature, against the assaults of so many sicknesses: whereby his infinite mercy and abundant goodnesse is in nothing else more apparantly confessed: by the which benefices, as it were with most sensible arguments, spoken out of heauen, he constraineth vs to thinke vpon our owne weaknesse, and to knowledge, that in all fleشه is nothing but miserie, sickness, sorowes, sinne, affliction and death, no nor so much strength as by our own power, to relieue one member of our bodies diseased. As for the knowledge of medicines, comfort of hearbes, mayntenance of bealth, prosperity and life, they bee his benefisits, and proceede of him, to the end that we should in common, helpe one an other, and so liue together in his lawes and commandements: in the which doing wee shall declare our selues to haue worthily employed them, and as fruitfull seruants, be liberally rewarded. Other wise, undoubtedly the intent which we haue hidden shall be digged up, and distributed to them that shall bee more diligent: a terrible confusion afore so high a iustice, and as such a court, where no wager of law shall be taken, no proctour lymited to defend the cause, none exception allowed to reprove the witnes, no counsell admitted to qualifie the gloses, the very bare text shall bee there alleadged. Cur non posuisti talentum in fenus? Why hast not thou bestowed my talent to the vantage? These and such other examples haue enforced mee being oftentimes exercised in the study of Phisicke, to deriue out of the purest fountaines of the same facultie, such wholsome remedies, as are most approued, to the consolation of them that are afflicted, as farre as God hath giuen me vnderstanding to perceiue, following therein not onely the famous and excellent authours of antiquity, but also the men of high learning now of our daies, as Monardus, Fuchsius, Ruellius, Musa Campegmus, Sebastian of Austricke, Otho Brunfelsius, Leonellus. &c.

with

## To the Reader.

with diuers other for mine oportunitie, not omitting also that good & sure experiments that are found profitable by the dayly practise. And where as in the Regement of Life, which I translated out of the French tongue, it hath appeared to some, more curious than needeth, by reason of the straunge ingredience, whereof it often treateth: Yee shall know that I haue in many places amplyfied the same, with such common things as may bee easily gotten, to satisfie the mindes of them that were offended: or els considering that there is no money so precious as health: I woulde thinke no spice too deere for maintenance thereof. Norwithstanding I hope to see the time, when the nature of simples (which haue beene bytherto incredibly corrupted) shall be read in English, as in other languages: that is to say, the perfect declaration of the qualities of hearbs, seedes, roots, trees, and of all commodities that are here amongst vs, shall be earnestly and truly declared in our own native speech by the grace of God. To the which I trust all learned men (hauing a zeale to the common wealth) will apply their diligent industries: surely for my part, I shall nener cease, during my breath, to bestow my labour to the furtherance of it, (till it come to passe) euen to the uttermost of my simple power.

Thus far you well gentle  
Readers.

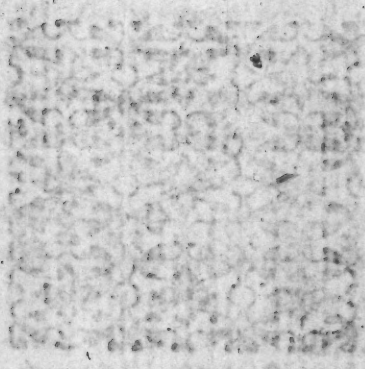




For the Editor

My dear Sir,  
I have the honor to acknowledge the receipt of your letter of the 10th inst. in relation to the publication of the article on the subject of the "New England" in the "North American" of the 15th inst. I am sorry to hear that you are dissatisfied with the manner in which the article was treated, but I must beg to say that the "North American" is a paper of a different character from the "New England" and that the article was written for the "North American" and not for the "New England". I am sure that you will find the article in the "North American" to be a fair and impartial representation of the facts of the case, and that it will be read with interest and satisfaction by all who are interested in the subject.

I am, Sir, very respectfully,  
Your obedient servant,  
J. W. Alden



# Heere beginneth the Regiment of *Lyfe, and first of the nature* of mans body.

¶ The humours, which bee in nature and how they are deuided.



The body of man is compacte of foure humours, that is to say, blood, Fleume, Choler, and Melancholy, which humours are called the sonnes of the Elements because they be complexioned like the foure Elements. For like as the ayre is hot and moist: so is the blood hot and moist. And as fire is hot and drye: so is choler hot & drye: And as water is cold & moist: so is fleume colde and moiste. And as earth is cold and drye: so melancholy is colde and drye. Whereby it appeareth, that there be nine complexions. Whereof iiii. be simple, that is to wit, hot, colde, moist, and drye, and iiii. complexions compound: that is, Hot and moist, which is the complexion of the ayre and of blood: Hot and drye, which is the complexion of the fier, and of choler: Colde and moist, which is the complexion of the water, and of fleume: and Cold & drye, that is the complexion of earth and of melancholy. The ninth complexion is temperate, neither to hot nor to cold, nor to moist, nor to drye, which is yet a thinge verie seldome scene among men after the phisitions: the said foure humours gouerne and rule euery one in his place, and enduce men to be of the complexions following.

The complexions of the Fleumatike.

**F**leume, enclineth a man to bee well fourmed, A sleaper, Dull of vnderstanding, Full of spattell, Full of colour.

The complexions of the Sanguine.

**B**lood causeth one to be full of flesh, Liberall, Amiable, Courteous, Merry, Inuentiue, Bolde, Lecherous. Of red colour.

The



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The complexions of the Cholerike.

**C**holer causeth a man to be hasty, Enuious, Couetous, Sub-  
till, Cruel, A watcher, Prodigal, Leane and of yelow colour.

The complexions of the Melancholike.

**M**elancholic maketh one solitarie, soft spirited, fearfull, hea-  
uy, curious, enuious, couetous, blacke of colour.

These be the four humours wherof the bodies are compoun-  
ded, and euerie one of them hath a speciall dominion in respecte of  
all the other, according to the age, that is to say, from a mans nati-  
uity, till hee come to xxx. yeares, the bloud hath most power, and  
from that time to the yeare of his age xxxv. reygneeth the choler,  
for then commeth heate into the vaines, and the choler beginneth  
to arise and be stronge. Then commeth middell age, and bringeth  
forth melancholy, an humour colde and dry, and hath his indur-  
ance till fiftie yeeres, or there about: at which time all the hu-  
mours beginne to diminish, and the naturall heate by little and  
litle doth abate. And then succedeth olde age vnto death, in the  
which age Phlegme hath the principall power and dominion.  
Wherefore it shall be necessarie for all that be of that age to com-  
forte their bodies with some naturall heate, and meates of good  
nourishing, as yolkes of egges potched, good and young  
fleshe, Wheate bzeade, and good Wine, and all  
such thinges as engender a good bloud  
and spirits, whereof we intend (by  
the sufferance of God) to de-  
clare the more aboun-  
dantly hereafter.

(. . .)

Here

¶ Here followeth the discription of  
inyward and outward diseases, with the  
most wholsome and expert remedies for  
*the cure thereof appropriate to euery  
member throughout the body.*

The first Chapter, of the sicknes and  
remedies of the head.

**H**eadache chaunceth oftentimes of diuers and sundry cau-  
ses, as of bloud cholere, fleum, or melancholy, or of vento-  
sitie, and sometimes of heat of the sun, or of to great colde of the  
ayre.

¶ Wee may know head ache when it commeth of bloud, for in  
the face and eyes there appeareth a darke rednes, pricking,  
and heauines with heat.

Remedy.

¶ Wee must let him bloud on the head beyne, on that side that  
the paine is on, then lay vpon the place oyle of Roses, Wine-  
ger, and rose water, or a bag with Roses, sprinkled with rose-  
water. And here is to be noted, as well in this cause as al other,  
that if his bellic be hard and bound, first wee must giue him an  
easie glister, or els halfe an ounce of cassia newly bratone out  
of the cane, or some other easie laxatiue to prouoke the duety  
of the wombe, else all applications of medicines, will bee no-  
thing worth at all.

¶ One may knowe head ache that proceedeth of choler, when  
in the face there is a cleare rednes, inclining somewhat toward  
yellow, holownes of the eyes, and the mouth dry and hot: and  
sometimes bitternesse, smal rest, great heate, with sharp paine,  
chiefly on the right side of the head.

Remedy.

¶ Wee must giue him mozne and euen to drinke, Sirrup of bio-  
lets or Pomegranades, with a meane draught of Endiue wa-  
ter in a glasse, or of Cummin water sodden and cooled againe.



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And in stead of these sirrups y<sup>e</sup> may drinke water of endiue, succory, purslane, and Nenuphar mingled together, or one of them by themselves, two or three dayes at euening & morning. When giue a dramme of Pillule sine quibus, at night to bedward, or about midnight and the day following keepe you in your chamber. In steede of those pilles, it is good euery morning to take an houre afore sunne, a medicine to drinke, that shall be made of halfe an ounce of Succo rosarum, mixt with two ounces of water of Endiue. In steede of the said Succo rosarum y<sup>e</sup> may take halfe an ounce Diaprunis laxatiue, and y<sup>e</sup> must take heede in giuing such purgations, that the patient bee strōg, for if he be weak, y<sup>e</sup> may giue him but the half of the said pilles or of the other laxatiues. And if in diminishing the quantitie of the said medicines, it worketh not with the patient as it should, it is conuenient to giue him a common Clister.

An other remedy for the same paine.

Y<sup>e</sup> must lay thereon a linnen cloth moisted in Rose water, Plantaine water, Rozell water, and vineger: or els take the iuce of Lettuce and Roses, and a litle vineger, and warme it together, and dip therin a linnen cloth, and lay it to the pain.

Another.

Y<sup>e</sup> must take the whites of two eggs with Rose water, and beate it well together, & with some or flaxe, lay it to the grieved place. Also y<sup>e</sup> must haue his heade, and milke thereon womans milke, that nourisheth a wench: or wash his head with warme water. wherein haue been sod Wine leaues, Sage, flowers of water Lillies and Roses. Also it is necessarie to washe his fete and legges with the saide water, so that the patient haue no reum: for if there be reumatike matters, y<sup>e</sup> ought neither to haue his heade, washe his legges, nor to lay any colde thing or moist to his head. Y<sup>e</sup> may know that flemme is cause of the pain in the head, when y<sup>e</sup> feele coldnes with great heauinesse: specially in the hinder part: when one spitteth often, and hath his face like sunne bzent.

Remedy.

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### Remedy.

We must dring iij. or liij. mornings sirrup of Sicado, wyth water of fenell, or sirrup of Wormwood, with a decoction of Sage and Maiorani. Then yee must purge the heade from the said fleume, with Pillule cochie, and with pilles of agarici. or Pillule auree, made with one of the said sirrups, sue in a dram and take iij. or v. at night to bedwards, or about midnight. Or in steepe of those pilles yee may take a potion in the morning v. houres afore meate, made of halfe an ounce of Diacartamy dissolued in ij. or iij. ounces of Betony. After that yee ought to comfort the heade, by wearing a coife, made of double linnen cloth, and sewed like a cotten quilt, wherein ye must put flowers of camomil, Maiorani, Cloues, Nutmigs, Vases, graines of Paradise and Sinamom in powder; for such thinges digest the fleume, so that the purgation be giuen of the said pilles Asfigareth or pilles of Hierapicra, which are not so laxitiue as other are. After the said purgation, yee must put in the nose of the patient, powder of Pelitory of Spaine or other, to make him neese. Also it is good to gargarise his mouth, with water wherein sage hath bene sodden, and then to annoint his head wyth oyle of Lillies, Camomil, or of Riew.

Beside this, it is good to giue the patient euery morning to drinke, sage wine with water, to consume the fleume, and to comfort the brain & the sinewes. The said wine is thus made.

Put a litle bagfull of good Sage brynsed, in a quart of new wine, and let it stande so a night, then wyng it out, and vse it. Such wine of Sage the inhabiteurs of Paris and Fraunce, vse to drinke after haruest all the winter long. When paine of the head proceedeth of melancholie, the patient feeleth heauynesse of the head, & hath terrible dreames, with greate care and thought or feare, & his paine is especially vpon the left side.

### Remedy.

Take sirrup of Bozage, Harts tongue or sumitory, w water of Buglos, & Harts tongue, or w the decoction of sage or Lime for by these sirrups yee shall digest & correct the said melancholike humours, and within a while the payne wil bee released.



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And if it cease not for these medicines, after yee haue vsed two or thre dayes one of the said sirrups, or ij. or iij. of the together, take a dramme of pilles halfe Aurec and halfe sine quibus: or els halfe of Hiera and halfe of pilles of Fumitory: or in steed of pilles, ye maye take in the morninge fve houres afore meate. iij. drammes and a halfe of Dialene tempered in water of Bozage or hoppes, or in the decoction of Sage, Likozice, great Keyfins, and cordiall flowers and frutes. Heade ache commeth of wind, or ventositie, when the pacient thinketh that he heareth a sound or noyse in his head, and the paine is flitting from one place to an other, without heavinesse or descending humours.

### Remedy.

Lay vnto his head hot linnen clothes, and make a bagge of Ormel seedes and bay salt, dyed together in a panne. So proceede with stronge thinges, if neede require, as in bagges made of Maiozam, Rosemary, Rew, Barberies, and Juniper berries layd to the pained place: or with the decoction of the foresaide thinges, make fomentation or emerocation vpon the head.

### An other Remedy.

Ye must take oyle of Camomill, oyle of Dyll or Yllies, and annoint the head with one of them, or with ij. or iij. altogether. If that helpe not, take oyle of Rue, Spike, & of Castor, and annoint it therewith: and adde thereto a little pepper, and Mustardseede, if ye would haue it soze chafed or hotte. Also it is good to drawe vp by the nose, water of hony, the iuyce of maioram, and of Fenell, arematished with a Putnigge and Lignum aloes.

Rasis, a great practicioner among Whisitions saith, that whosoever oftentimes putteth into his nose the iuyce of Maiozam, shall neuer bee diseased in the head. I thinke he meaneth of the great Maiozam.

If paine of the heade come of heate of the sunne, ye muste apply to the places diseased, as it is said in the remedies of choler.

But if the said paine procede of colones of the ayre, then vse it

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it as it is said afoze in the remedies of sicke.

Here followeth a Regiment against all diseases  
of the heade.

**T**he pacient that is diseased in the heade whether it bee of bloud or of choler, may not drinke wine nor eat much flesh, white meates, nor thinges that giue any greates nourishment. But muste bee contented to drinke Pilsan, Barley water, or Julep of Roses, and to eat roasted apples, Damaske prunes, Almond milke, hulled Barley, and Pottage made with Lettuce, Sorrel, Purslane, in broth of Peason, or with a Chicken, or Aleale if the pacient be feeble.

When paine proceedeth of a colde humour, the pacient ought to drinke no wine in thre of the first daies, but to drinke onely penny Ale, or such small drinke, for although the wine be very comfoztable, as concerning naturall heate, yet it is contrary and hurtfull vnto the spirites animall of the braine, and also of the sinewes.

And the pacient ought what paine soeuer it bee of the heade, to forbear al vaporous meates, as Garlike, Onyons, Leekes, Pease, Beanes, Peas, Milke meates, Spices, Mustard, great Colewoorts, salt meates, and meates of ill digestion. Also he must abstaine from sleepe in the day, and after supper by the space of two houres.

Trouayle of the minde is very contrary, because of the commotion that happeneth vnto the liuely spirites, which are instruments of vnderstanding: as Auicen that noble Physician saith in the chapter De sode temporal'i. Nihil est adeo conueniens sode temporal'i, sicut tranquillitas et dimissio totius quod commouet sicut sunt fortes cogitaciones, &c. There is nothing that is so conuenient for the Peigrime, as tranquillitie and rest, and let all thinges passe that moue the vertue animal, as great musings and all labour of the spirits. And chiefly one ought after dinner to keep him from all thinges that trouble the memorie, as studying, reading, writing, and other like.

And for the better vnderstanding of the sickness chauncing



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In the head: ye shall know, that sometime it chaunceth bycause of other diseased members, as of the stomacke, or of the mother of the reumes, of the liuer, or of the splene, and not of any cause in the head it selfe. Therefore yee ought to cure such sickness by helping of the same members, as shall be shewed in the Chapters following.

And yee may know, that the head ache commeth of diseases of the stomacke, when the patient hath great paine at the stomacke. Of the mother, when the woman feeleth great paine in her bellie. Of the reynes, when there is a greates paine in the backe. Of the splene when he feeleth paine and heaungnes there about vnder the left side. Of the liuer when the pain is on the right side, about the liuer, which is beneath the ribbes.

Remidies appropriate to the head, of what cause

soeuer the paine be

**T**Ake an handfull of Betony, an handfull of Camomile, and an handfull of Meruaine leaues pycked, stamp them and seeth them in blacke worste, or in ale for lacke of it, and in the latter ende of the seething, put to it a little Comin bzayed, the powder of a Harts Horne, and the yolkes of two Eggs, and Saf-  
fron a litle, stirre them well about, and lay a plaister hot ouer al his forehead and temples. This is an excellent remedy also for the Meigrime. It shal perce the better if ye adde a litle Vin-  
neger.

Another.

Take a plaister of beane flower, Linscede, and oyle of Camomile, or in lack of it, Gose grese, or Duckes grese, & rub the place with Aquauite, and after lay the playster hot vpon it.

Another.

Take a spooneful of Mustard seede and an other of Bay berries, make them in powder, and stamp them with a handfull of earth worms split & scraped from their earth, and a litle oyle of Roses, or of camomile, or Capons grese, & lay it on the greif.

Also it is good to take the iuce of Guie leaues mixt with oyle and vinegar, and to rub ther with your temples, and your nose-  
trilles.

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trilles. Also the chest worms that are found between the barks of trees which will turn themselves together like a beade when they be touched, if they be taken and sodden in oyle, it maketh a singuler ointment for the Peigrime.

### The second Chapter, how to cure

diseases chauncing in the face.

**F**irst as touching a disease called Gurta rosacea, or copperface in English, it is an excessive rednes about the nose, or other places of the face, comming of bred humours or of salt fleume, which cannot be holpen, if it be rooted and olde.

Remedy for the same if it be cureable.

**Y**e must giue him a purgation, as is saide in the paine of the head, comming of the choler, then dip linnen clothes in Alam water, which shall be made thus. Take a pound of Alum glasse, the iuce of Purcelane, of Plantain, & Meriuce of grapes, or Crabs, of each a pinte and a halfe, with the whites of twenty eggs, and beate them well together with the said iuce, then mixt all together, distill it in a common stillatorp, and keep the water for the vse against all pmples, scurphes, wheales, chafings, and heates that chaunce in the skinne. The clothes dipt as is aforesaid must bee layd to the rednes, and oftentimes renewed with other fresh cloutes dipped in the same.

An other remedy.

**T**ake Lytarge of siluer, and Brimstone, of each like much, and seeth them in Rose water and Vineger, and then wryth a linnen clout wet in the said vineger, lay it to the soze.

Remedy to pallify the coppred face that is vncurable.

**M**ake a bath with the flowers of Camomil, Violets, Roses, and flower of water Lillies, then anoint the place wryth Vnguentum album, Campherarum, and mixe that ointment with a little yelow brimstone and quicksiluer, killed with fasting spittle, and anoint the place withall.

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A water of the same.

A water called Lac Virginis is very good, and Rosewater mixt with Sulphur, oyle of Tartare, & oyle of Wheat. Also these thinges are good for Tetteres, and other ruggednes of the skin. The said Lac virginis clarifieth the face, and dryeth by moiste pimples, and taketh away freckles of the visage, and is thus made. Take ij. ounces of Litarge of Silver fine poudred, halfe a pinte of good white vineger, mixe them together and distill them by filtre, or throughe a little bagge, or by a peece of cloth. Then take of the same water, and mingle it with water of salt made with one ounce of salt poudred, and halfe a pound of rain water, or well water, and mingle these waters together, and it wil be white like milke, and with this rub the corrupt place. Some adde a little Ceruse with the Litarge, which is good for all rednes of the face.

Here followeth a generall dyet for all copperous faces.

**A**void from all salt thinges, spiced, fried meats, and roasted meates. Also from drinkeing of wine. For it is very evil. Also Onions, Mustard, and Garlike, are verie naught. In steede of which, yee must take Purslane, Sorrell, Lettuce, Hops and Bozage, with Succory or Endive, in porage, or otherwise. Also it is necessary to bee laxative, and in sleeping to lay your head hye.

For rednes of the face that is not copperosed.

**T**ake a pinte of Goates milke, the crummes of one white louse hotte, the white of five Egges, Canifere two drams and the iuce of five Citrons: mixe al these together with the said Milke, then take all the three kindes of Plantain, and put the in the skil vnder the said drugges, and after it an other bed of the same ij. sortes of Plantain, and distill them with an easie fire as yee would distill Rosewater, and keepe it in a glasse vessell. And after xv. dayes take a white linnen cloth, and dyppe it in the said water, and lay it to the rednes.

Another for the same.

Water of Lillies stilled, with the blood of an Oxe, and a little

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the Camphere is very good.

For chopped or scabbed lippes.

Annoint them with Vnguentum album camphoratum, and if ther be any corrupt bloud or matter, yee must wash the place with water of Plantaine, wherein hath been sod a litle Alum, afoze yee put on the said oyntment.

For the same.

Vnguentum de tutia and oyle of yolkes of egges, bee very good for it. Also it is good to washe the place with Plantayne water, and barley water together.

For cankers, vlcers, and Noli me tangere.

**F**or as much as Noli me tangere chanceth often in the nose, or about the face, beginning of a little hard and round kernell or knob, and ful of paine, declining toward a pale and leade colour, yee may iudge that disease very perilous, notwithstanding it is good to annoint it as hereafter followeth, and also to apply thereto other remedies, as thus:

Take Vnguentum album two or thre ounces, the iuce of Plantayne and night shade, of eche halfe an ounce, Tutie the weight of halfe a crowne, mingle them together, and make an oyntment which is good for the same disease.

For wormes in the face

**A**lthough that woormes in the face may not bee had out, but with great difficulty: and by long processe, because of the cold humeur whercof they come, neuer thelesse, forasmuch as oftentimes they happen vnto poore folkes, here shalbe recited a receipt proued for the same disease, which is an oyntment of a singuler operation: and is thus made.

Take the leaues and rootes of Leekes, iuyce them altogether, and take thereof a pinte and a halfe, and put it in a glasse with an ounce of pouder of Bellitory, and a scruple of verdegrease, and stirre them altogether, and euery day bath the sayde woorms and wheales with cotten moysted in the said iuyce, and

¶

stirre



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stirre it oft in the glasse: this is good also for woymes in any of ther members, and breeding in the sicknesse called in Fraunce, the Kinges euill.

A purgation which ye ought to take before the said bathing.

**T**Ake half a dramme of good Turbith and a scruple of Ginger, halfe an ounce of Sugar, and a little white Wine, mirt together, & drinke it in the morning twice a weeke warm, and renue it euery thre a weekes.

For an vlcered face through wormes.

Ye must first mundifie the dead fleshe with Vnguentum Egiptiacum, or the powder called Precipitatus, and for the perfect curation, ye must dry it well, wherefore it is good to wash the place often with Alum water, and put therein linte, and if there be great moistnes at the time of desiccation, ye must dip the same linte in Vnguentum Apostolorum or Cerauos with a litle of the oyntment that followeth, which ye may safely apply from the beginning to the end of the cure, for it hath vertue to cleanse and incarnate, with gentle mundification & drying.

A singular oyntment for wormes that matter.

**T**Ake oyle of Lillies, oyle of Linseed ana, ounces three, oyle of Roses, oyle of Birtilles, ana, ounces two, Litarge of golde and siluer and red leade, ana, one ounce, Diaquilon white with gummes iiii. ounces, Goates fallow, Hogs grese, of eche two ounces and a halfe, blacke Pitch and Colophonie, of eche two ounces, of the iuice of Poundstong foure ounces. Seeth them altogether till they be black, and the iuice be cleane consumed, then straine it through a thicke canuasse, and after seeth it againe till it bee exceeding blacke in colour, and then ad to it cleare turpentine, three ounces, Gum Oppoponax two ounces and an halfe, white ware as much as shall suffice to make a playster not ouer hard, and put the Turpentine and Oppoponax in when ye take it from the fire. This is an excellent playster also both for woundes and vlcers.

For the same.

It is verie good to lay vpon them the hearbe called Poundstong stamped with a litle hony.

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Regiment or dyet for the same sicknesse.

The patient in all diseases of the face must endure hunger as much as is possible, and eate not much at once. Also he must hold his head vpright, and sleepe not on his knees, nor elbowes nor with his face bowed downe. Also hee must forbear much laughing, speaking, and great anger.

For the eyes.

Hereafter foloweth diuers medicines for the eyes, which are the windowes of the minde, for both ioy and anger, and the mooste of our affection, are seene and openly knowen through them, and they are ordained and made to lighten all the body, whereunto nature hath giuen brows and eye liddes, to defend them and keepe them in safety, and the better to resist thinges contrary and hurtfull vnto them.

Yet notwithstanding, beside many other chaunces, there happeneth sometimes a debilitie in the sight, which must bee holpen as hereafter folloiweth.

Take Fenell, Herucine, Celidone, Rue, Cie bright, and Roses, of enery one of them a like much, and distil them as yee would distil Rosewater, and vse a little thereof in your eyes, both in the morning, and when yee goe to bed.

A water proued to clarifie the dimnesse of the sight.

Take the iuice of Fenel, of Celidony, Rue and Cie bright, of each two ounces, Honey an ounce and a halfe, Aloes, Tutie and Sarcocolle, of eche halfe an ounce, the gall of a Capon, Chicken, or Cocke, two drams: Nutmiges, Cloues, and Safron, of eche a dram: Sugarcandy sixe drammes, put all in a limbecke of glasse, and distill it. And of this water put in your eyes once in the day. And if he could get the lyuer of a bee Goat, & mixe with the said thinges in the distillacion, that water will be of much greater vertue and almost without comparison.



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For the same.

Ye must vse euerie day to eate Putinigs, and to take once in a weake, a Pirabelane condite.

For the same.

Take a Pie and burne her, and beat her to pouder, & myn-  
gle it with Fenel water, and put it into your eyes. Also water  
of yong Wyes killed, is very good. Likewise water of rotten  
apples, put two or thre drops in the es helpeth very much.

A singuler water for diseases in the eyes: and to clari-  
fie the sight.

Take the greene Walnuts, huskes and all from the tree,  
with a few Walnut leaues, and distill thereof a water to drop  
within your eyes.

Pilles good for the sight.

The pilles Sine quibus, asswageth with trosciskes of Aga-  
rike, and Pullule lucis, are excellent good to purge the braine,  
and comfort the sight.

For paine of the eyes.

Sometimes paine of the eyes commeth of blood, and then  
the veynes of the eyes are red and swollen, wherefoze it is con-  
uenient to be let blood of the head veyne on the side where the  
paine is.

For bloudshotten eyes.

The blood of a stockdove, or in lacke of it an other Doone or  
Pigion, dropped a little in the eye, and a wet clout thereof lay-  
ed vpon the same, healeth bloudshotten eyes whether it bee of  
stroke, or any other cause.

Sometime the saide pain commeth of Choler, and then the  
patient feeleth great heat, sharp pricking, & much paine, & com-  
monly ther appeareth no gum in the eyes, & if it do, it is yellow.  
Therfoze ye ought to giue him a purgation purging choler, as  
bath

hath been said in the remedie of the head, proceeding of the cause of Choler.

For swelling of the eyes.

Take a Quince and seeth it in water till it bee softe, then pare it and bruse it, and mixe it with the yolke of an Egge, and the crummes of wheaten or white bread steeped in the said water, and put thereto a little womans milke, and two penning weight of Saffron, bray them all together, and lay it ouer the forehead and eyes. Sometimes such paines chaunce because of fleume, and then the pacient feeleth great heauines in his eyes, with aboundance of gummy matter, or water descending into the eyes. And in this case, ye must purge the fleume, as it hath bene said in the remedie of the head, grieued by the excesse of fleume.

To resolue the gumme, ye shal ble to wash your eyes oftentimes with the iuyce of Housleeke, otherwise called Sene-groene.

And sometimes the same paine cometh because of vento-tille or wind, and then the pacient feeleth such paines, as if one beat on his eare with a hammer: for which it is good to make a decoction of Camomile flowers, Pellilot, and Fenell seede, in water and white wine, and therein wet a foure double linnen cloth, and the licour well pressed out, lay it often vpon the eye.

Other whiles there chaunceth paine of the eyes because of exteriour things, as of winde, dust, or heate of the Sun, & then it is meet to lay thereto womans milke, well beaten, with the white of an Egge.

And somtyme the said paine cometh by percussion or striking, and then ye must drop in the eye, of the bloud of a Pigeons wing, or of a Partridge, which bloud hath like vertue to take away spots, markes, and rednes of the eyes.

For very great paine of the eyes.

Take an ounce and an halfe of oyle of Roses, the yolke of an Egge, and a quarter of an ounce of barley flower, and a lit-



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the Saffron, mire all together, and put it betwene two linnen clothes, and lay it to the paine.

Another.

Take crummes of Wheaten bread or white, an ounce, and seeth it in Nightshade or Hazel water, then mire with the said bread two yolkes of eggs, oyle of Roses and Camomile, of each an ounce and an halfe Muscilage, of Lineseede an ounce, and vse it as is aforesaid.

Another.

Take sixe leaues of Verbane, and rost them, then beate them very well in the morning, and lay them to the paine. For rednes of the eyes. In the beginning of the rednes lay vpon the eyes towe, dipped in the white of eggs: but let the whites be well beaten first with Rose water, or with plantaine water.

Another.

Take red Roses, and seeth them, and let them be set warme to your eye. This taketh away spottes of blond, that sometime chaunceth in the eyes. Also it is good for all diseases of the eyes. And it is good for rednes of the eyes that continueth by striking or any such violence. If at any time there happen a spot or blemish in the eye by a stroke, ye must lay to it by and by towe, wet in Rose water, and in whites of eggs, and after that the paine be mitigate, ye must lay a plaister vpon the eye made of a raw egge, Barly floure and the iuyce or muscilage of Mallows, and then if the eye be not holpen of the said blond, ye must lay to it a plaister both dissolutive defensive, and partly appeasing the paine, which must be made of wheate flower, the iuyce of Mallows, Mints and Smalage and the yolke of an egge. Of hardnes that hath beene long in the eye.

Take a scruple of Aloes succotrine, and melt it in water of Celedonic at the fire, then receiue the fume of it, and after ward wash the eye with Fenell water.

Another.

Take the pouder of Commine mixt with ware like a playster and lay it vpon the eye.

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{An other.

Take Roses, Sage, Rue, Celandony, of eche a like much, with a little salt, and distill a water, and put thereof a drop or two in your eye, euening and morning. In stead of that water, it is good to take iuice of Verueine, Rue, and a little Rose water.

For all rednes of the eies.

Take the bignesse of a pout of white Coperose, and a scruple of Peros and pouder it, and mixe it with a glasse full of wel water, then put two or thre drops in your eyes.

For the same.

Water of Strawberies made and put in the eie is good.

A singuler pouder that dryeth and taketh away the rednes of the eies.

Take Tutie preparate an ounce, and Timonie half an ounce, Perles two drammes, red Coral a dram and an halfe, pouder all these things very fine, and keep them in a boxe of tinne and vse it.

For to stop watring of the eies.

Make a plaister of pouder of Bastike, fine Frankensence, Bole armoniacke, & gum with Dragagante whits of eggs mixt altogether, and lay to the forehead and temples. Also it is good to set ventoses on the nape of the necke. Also it is good to make a collirie to put into the eies as followeth. Take Tutie preparat, and the stone called Lapis Hematites, of ech a dram: Aleos halfe a dram, Perles and Camphore, of ech a Scruple, pouder them all verie fine, and mixe them in thre ounces of water, distilled of the knops of Roses, and thereof make a collirie.

Also for to stop all humdours descending to the eyes: these things aforesaid are very good mixt with raine water, wher in Olibanum or Frankensence hath bene sodden.

For Webbes of the eye.

It may bee easily holpen in younge felkes, but in aged persons it is very harde. And in the beginning, yee must mollifie



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mollifie them with a decoction of the flowers of Cammonill, Pellilote, and Coole leaues receiuing the fume of the said decoction within the eies, and then put therein a litle pouder made with Sugercandy, Salgemme, and eye shels brunt, and afterward distill into them womans milke with the decoction of Fenugreke.

An other singular receipt for webbes in the eyes.

Take Snayles with the shelles on and washe them eight times, and distill them in a common Stillatoze, then take hares galles, red Corall, and Sugercandie, with the said water; distill them againe, and put euerie morning and euening a drop in your eye.

Another.

This water is made of white Copperose, Sugercandy, and Rose water, with whites of Egges that are sodden hard, and strained throught a linnen cloth, and put into your eye: after dinner, and all night to bedward.

Regiment for them that haue any sore eyes.

We must alway keep your belly lose, and abstaine from fire, smoke, winde, dust, and ouer hot or colde ayre, and from weeping and long reading of a small letter, from ouer long watching, ouer much drinking of wine, and eating late, for all these are verie noisome to the eyes and sight. Also all euapozatiue thinges, as Onyons, Leakes, Garlike, Mustard, Bease, and Beanes, are verie dangerous. We muste keepe your feete cleane and forbear the day sleep. Behold greene things, cleare water, precious stones: & to keep you from long holding downe your face, succoureth the sight very much, and is verie good for the eyes. Likewise vse meates of good and quicke digestion, as to eat Fenell often, and after meate, take Coriander Comfites, prepared, and drinke not after them. But aboue all keepe away your hands, for the rubbing of them maketh them worse.

Remedy for all diseases of the eares.

Take oyle of Roses and a litle vineger and put it into the eare, than make a bag of Camomil and Pellilote, and lay it thereunto.

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For noise and sounding of the eares.

Take Pillule Cochie, or scitide, because the sounde proceedeth of ventosite or of flume: and before ye take the said pilles, it is good to drinke three ounces of Fenell water, two houres before meate, foure or five daies. After the operation of the said pilles ye must dip a tent in oyle of Rue callor, or of salte, with the iuice of leekes, and often in the morning fasting, to hold his eare ouer the warme decoction of Pairoam, Rue, wormwood, Camomil and Melilote.

For paine in the eares.

Goose grese with a little Hony swageth the paines of the eares.

Also the Chestwozmes sodden in oyle of Roses vpon hot ashes in the rinde of a Pomgranate, and dropped in the eares.

Item oyle of Almondes, specially of the bitter Almondes hot,

Item if there be water in the eares it shalbe had out with a little Goose grese and the iuice of Onions.

Also earth woymes with Goose grese sodden, is good for paine in the eares.

Item an Adders hame sodden in wine, and the eare bathed in it, and a little thereof put into the paine, is good to take away the grief, and it helpeth also to the eares that are running with stinking matter and corruption: but in that case ye must haue boyled in the wine a little Mirre.

## Regiment.

The pacient must eat and drinke litle, and sweat in baths, or whote houses, and sometimes to prouoke needling. He must forbear Garlicke Onions, Leekes, Pease, Beanes, and Puts nor drinke wine without water.

For deafnes.

Sometime there chaunceth deafnes by wind, which is in the eare, the which causeth tinckling in the head, and then one

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must



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must put a little Aloes in hot water, or in white wine, and distill into the eare. Then put a little Cuphorbium in powder into his nose, to make him to neese and avoid as much humours as ye can. Sometime deafnes cometh of fleum, which when it is olde, is uncureable. But when it beginneth, it must be purged as hath bene said in the remedy of the sound of the eares. Then take powder of Bayberies, and seeth it in oyle of Lillies, and put it warme into your eare, and a litle black wooll to stop the eare with, that no ayre enter.

Remedy for stinging of the nose

**T**ake Cloues, Ginger, and Calamynite of eche a like, and seeth them in white wine, and therewith wash thy nose. After put in powder of Peretrum to prouoke you to naese. And if there be repletion of fleum in the head, first ye muste purge it with pilles of Cochie, or of Hiera Picra. Also if the cause of stinking from the stomack come, first help the stomack, as shal be said hereafter in the remedies of the stomacke.

Medicines for bleeding of the nose.

**T**ake a dram of Bole armoniacke washed, and mire it in rose water or Plantaine water, and drinke it. Then binde the extreame partes as hard as ye may, and after make a Tente of Greene nettles, and put it into his nose, Boequer it is good for the pacient to holde in his hande Egrimonie, with the roote and all, and drinke the iuyce of Knotgrasse, and without doubt the bloud shall staunche anone.

For the same.

Set a boring glasse vpon his liuer, if the bloud come from the right side, or on the splene if he bleed of the left side, and lay vnto the stoncs a good quantity of tow or linnen dipped in vinegar, and for a woman, lay it vpon her brestes.

An other singular medicine for to staunche bloud, and it is a thing expert of all the good practitioners.

Take swines bouding, even as hot as ye can haue it from the swine, and when ye haue clenched the congeled bloud out of the nose, wring it through a clout, & let the iuyce perce into the side,  
from

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from whence the bloud commeth, and by the grace of God yee shall see it staunch anone. Whoeuer it is good to bind the fete and armes as hard as can bee suffered with a cords or a lace, the stronger they bee bound the better.

### Remedy for the tooth ache.

**P**aine of the teeth (as Galen saith) amongst other paines that are not mortal, is the most cruell and greuous of them al. It may come diuers waies, of a cold or hot cause. If it come of a hot cause, his gummes are red and very hot, wherefoze it is very good to hold in his mouth water of Camphore, or to seeth a litle Camphore in vineger, and holde it in his mouth.

An other singuler remedy that taketh away all kinds of tooth ache, specially if it come of a hot cause.

Take Penbane rootes, and seeth them in vineger and Rose water, and put the decoction in your mouth.

Remedie for tooth ache that commeth of cold causes.

For as much as in such cases oftentimes there distilleth a boundance of water into the mouth, purge it with Pillule cochic, and after wards keep in your mouth warme wine, where in hath bene sodden Pellitorie, Mintes and Rew.

### An other Remedy for the same.

Take Sage, Pellitory, and seeth them in vineger, and keep it in your mouth as hot as ye may suffer.

An other for the same.

Take Pillitory, Stauesacre, and the thzee kinds of pepper, of eche one a part: Macis, and Calingale, halfe a parte make of them a powder, & with a litle white wine rub the teeth, and then lay on the foresaid powder where the paine is.

### An other.

Take the middell barke of an Elder, Salte, and Peper, of eche a like much: and stampe them together, and lay it to the soze teeth.



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An other remedy.

Take a litle cotton, and dip it in oyle of Spike, then put it on the sore tooth. If the tooth be hollow, it is good to draw it out, for it will euerie day waste whatsoeuer ye do vnto it.

To make the teeth white.

Take white Marble, Curtle bone, white Coral, Salgemme, Bay salt, Mastik and pilles of a Citron, of ech like much, make them in verie fine powder, and rub the teeth therewith, euerie mozning.

And afterward washe your mouth with white wine, wherein hath been sodden a litle Camomil and Dill.

For the same.

Take Wine yer of Squilles and dip a litle peece of cloth in it, and rub the teeth and gummes withall. The said vineger fastneth the gums, and comforteth the rootes of the teeth, and maketh a sweete breath.

An other remedy to make the teeth whire.

**D** Still a water in a Lembike of two partes of salgemme, and the thirde part of Alum, and rub the teeth with a linnen clout dipped in the same.

To take away stinking of the mouth.

**Y**e must wash his mouth with water and Vineger, & chew Mastike a good while, and then thy mouth with the decoction of Anis seedes, mints, and Cloues sodden in wine. If the stinking of the mouth commieth of a rotten tooth, the best is to haue it drawne out.

Regiment for tooth ache, and stinging of the mouth.

**Y**e must washe your mouth befoze and after meate wyth warm water, for to clense the mouth, and to purge the humors, from the gummes, which descend out of the head. It is good euerie enery mozning fasting, to wash your mouth and to rub the teeth with a Sage lease, pilles of Cytron, or with pooder made of

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of Cloues and Putnigs: ye must forbear Lettuce, raw fruit, all tart meates, and the chewing of hard things. Also all meates of euill digestion, and vomiting.

The third chapter treateth of Remedies for diseases of the breast.

**F**irst for hoarsnes of the voyce that maketh a man to speake lowe and with great paine, ye must auoyde all cger, salte, and sharpe thinges, and sleeping by day, too much watching, great cold, much speaking, and to loud crying. All sweet things are verie good, as apples sodden with Sugar, great Raylins, Figges, Almond milke, hulled Barly, Pignolate penedies, white pilles, Sugercandy and the iuyce of Likorice.

Remedy for a hoarse voice.

Take the broth of red Coleworte, and mingle with it vii. or viij. Penedies, & an ounce of sirrup of Maiden heare, and giue vnto the patient, when he goeth to bed.

An other medicine.

Take Dayris simple, & eat a Roseng of the same at mozne, and also at night.

An other remedy for hoarcenes of a long continuance.

Take Raylons, Figs, Sugar, Cinamon and cloues, of euery one a little: Seth them in good wine, of the which ye shall giue to drinke mozing and euening, two ounces at a time, except he haue a feuer.

For the same.

It is good to take mozing and euening, a spoonfull of the sirrup of Iuibes mixt with a roote of Liknorice, in manner of a loc. If with the said hoarcenesse, there descend abundance of water to the mouth, it is good to make an electuary, of halfe Dayris, and halfe Diadragantum and to vse it first and last after presuming with Skoupes of flaxe, fuming with Frankinsence, Mastike, Sandrake, and Roze Calamite, layd vpon the head warme.



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Remedy for the cough.

Take Iſop, great Raiſins, and Figs of ech a litle handſul, Licorice one ounce, boile them in water, til third part be waſt-  
ed, then giue it him to drinke twiſe a day in the moyning two  
houres beſore meat, and at night one houre beſore ſupper and  
immediatly after it is good to eate a Loſeng of Diayris, or Dia-  
penidion. If ye wil haue it ſtronger, put to them in the decocti-  
on a litle Colewoxtes, Aniſe, and Fenell, with the ſeedes of  
Pettls, of echs two drams.

An other Remedy.

Take Sugercandy, white pilles Diayris, and Diadragane,  
of euery one, one ounce, Liquorice two drammes, make a pou-  
der, and let him eate thereof a ſpooneful, moyning and euening  
and drinke after it three ounces of water of Iſop, or of Scabious  
with Sugar, or without Sugar.

In ſteed of theſe waters ye may take the broth of red Cole-  
woxts without ſalt.

An other remedy.

Take ſirrup of Liquorice, and of Iſop, and drinke it euen  
and mozne with a Piſſane, or one of the ſame ſirrups, with a  
ſpoonefull of Piſſane is good.

An other.

Take powder of Diayris ſimple, & Liquorice, of ech a dram  
weight, and with foure ounces of ſuger make an electuary to  
be eaten firſt and laſt after meat.

An other.

It is good to take Locſanum, with a ſticke of Liquorice, at  
the coughing, and after meat. And there is another loc called  
loc de pino, as good at all times as the other is. And it is good  
to annoint the bzeſt moyning and euening, with oile of Lillies,  
ſweet almonds, and may butter without Salt. Weere is to be  
noted, that commonly the coughe proceedeth of colde humours  
that greueth the lungs, and ſo: that cauſe al things the which  
be hot, ſwete, and do pzoouoke ſpittle, are very good and holſome  
ſo: the ſame, as be the things afoze rehearſed.

And

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And sometime it proceedeth of heat, and then it is known by the great alteration of feuer: and then yee must forbid the patient drinking of all wines and to vse things that hereafter followeth.

Remedy against the cough, comming of a hot cause.

**T**ake sirrup of violets and of Iubes, and drinke thereof morning and evening with a little Pitifane sodden.

For the same.

It is good to take first and last a Roseng of Diadraganr, and after ward to drinke a draught of good Pitifane.

A good receipt against the cough.

Take the roote of Enula campania, Horehound, Holihock, of each a like much, seeth them altogether in white wine, with a dosen of fat Figs, and a litle Liquorice, drinke of it a draught, euery day twise.

Regiment or diet for them that haue the cough.

Ye must abstaine from Vineger, Heruice, all salt meates, trutes, & raw hearbes, fish, Lemons, grosse meates, and to much replexion. Also yee may drinke no wine betwene meales, and beware of day sleep, and especiall after meate.

The winde, the colde, and much talking, are very vnnaturall for the coughe, and so is all labour aswell of the body as of the minde, and sometime it is good to hold your winde a little, and let it goe againe.

Remedies against shortnes of the winde.

**S**hortnes of the winde proceedeth often times of fleume, that is tough and clammysh, hanging vpon the lungs or stopping the condis of the same, being in the holownes of the breast or of catarrous humours that droppeth downe into the lungs, and thereby commeth straytnesse in drawing of the breath, whych is called of Phisitions, Disponca, or Athma. And when the patient cannot bend his necke down for dread of suffocation, it is called Orthopnoea. For euery one of these diseases, there be very holesome medicines declared here afoze.

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The receite for Asthma.

Take an ounce of great Raisins picked from the kernels, two Figs, the meate of a Date, dry Ilop, Maiden heare, Likorice, and the lunges of a Fore, washed in wine, water of Scabious, of euery one a dram, Penidies two ounces with sirrup of Likorice, let all be incorporated, and make a Loc to eate a good whils after meate, with a Ticke of Likorice.

An other receite.

Take Horehound, Maiden heare, and Ilop, of euerie one a handfull, Likorice, Dates, Figges, seede of Smallache and of Fenel, of euerie one half an ounce: boyle them in a pinte of water and a halfe, till the third part be consumed.

After giue him the said decoction to drinke a good draught e uery morning two houres afoze meate. And befoze it, or incontiently after it, it is good to take as much as a chesnut of conserue of Colewortes, or a leseng of Diayfopi, or Diayris Salomonis Also loc de pulmone vulpis is exceeding good for the sayde disease.

An oyntment for shortnes of breath.

Take two ounces of oyle of swete Almondes, one of May butter vn salted, a little Saffron, and of new Ware, and make an oyntment, wherewith yee shal annoynt the brest morning and euening.

Regiment.

Considering the saide disease commeth of to great abundance of fleume in the lungs, it is good to obserue the thinges that are shewed in the remedies of the cough. And to dwell in a dry place, farre from water pooles, or marishes, and to sleepe in a moist chaumber, in the which yee must haue a fire of wood without smoke. The bread must be light and pleasant, for sower bread, browne bread, and crustes, are to be auoided. Also yee mayeate no Pease, Beanes, Peas, Chestnuts nor any thing that stoppeth or engendzeth winde. Fish roasted vpon the girdle may well be suffered, for they be not so euill. Pulled Barly, Ruse, booth of Colewortes, and booth of an olde Cocke, with Ilop

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soy and Saffron, are speciall good meate for the lungs, and so ar fat Figs, Raisins of Alcian, Dates, graines of the pine, Pignolate, & sweete Almonds. Great mouings and chafings and sodaine labour is verie hurtfull, yet moderate exercise afoze meate is good and profitable.

Running, anger, and such other passions that enflame the heart, are in this case utterly to be voided.

### Remedies for the Pthificke.

**P**thificke is an ulceration of the lungs, by the which all the body falleth into consumption, in such wise that it wasteth all saue the skinne. We may know him that hath a Pthificke, for from day to day hee wasteth euer leaner and drier, and his haire falleth, and hath euer a cough, & spitteth sometime matter and bloudy stringes withall. And if that which he spitteth be put into a basen of water, it falleth to the bottom, for it is so heauy.

Galen speaking of this disease, saith it is vncurable. But when he was in Rome, he gaue counsell to them that had the Pthificke, to dwell in the mountaines, and hie places, farre from waters, and watry groundes, and so their life should be prolonged, but at the last they dyed of the same disease. Neuertheles, it is good to release the paine, and to help them as much as is possible. And the thing that is most holesome for the same, is to drinke every morning a draught of Ases milke, foure houres afoze meat: in the place where one may take the milke of a Goate newly milked, and mixe them euerie time with a spunfull of powder, made with suger roses, and it is good euery time to vse conserue of roses, Pignolat diadragantum, and anoint the brest befoze & behinde, with oyle of sweet Almondes, May butter and salt.

An other remedy proued by a religious man.

**T**ake two ounces of Pimpernell in powder, and therof make an electuary with Suger, & vse it euery morning ii. drams with pimpernell water ii. ounces. Water of Snailles distilled



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is proued good to them that be pthiſicke every morning in  
drinke, and ſo: all them that are drie and leane.

Another.

Take the foure colde ſeedes, ſede of Quinces, of eche three  
drams, and a halfe, white Poppe ſede ſiue drams, the iuyce of  
Lihorice, Iſop, Amidum, gum arabike, and Dragant, of eche  
a dram and an halfe, Penidies, the weight of them all, make a  
pouder, and uſe every morning. ii. drams, and after take two  
ſpoonfulls of ſirrup of Iuiubes, or inſteed of it, drinke the ptiſan  
of water of vngula caballina, otherwiſe called horſehoofe, the  
pouder whereof is good for the ptiſike, wherewith Haly ſaith  
that he healed a Ponke of the ſame ſicknes.

Regiment for ptiſike.

**Y**ee ought to do, as hath been ſaid in the regiment of Aſth-  
ma, and to abſtaine from all ſpices, ſaue Saffron. Ye muſt  
likewiſe abſtaine from all ſower things, ſharpe things & tart,  
nor be not hungry, nor dry: but cheriſh you well with meats of  
eaſie digeſtion, and good nourishment, ſuch as is coles of Ca-  
pons, hulled barley, Almond milke, egges yolkes, veale, kid,  
lambe, ſheeps feete, and ſmall birds, liuing in woods & buſhes.  
Creauiſes, and fiſhe of ſweete running water, hauing ſcales.  
Snailles in the ſhells ſodden with ſenell and Iſop is very good.  
Ye muſt liue merely, and play at ſome paſtime for pleaſure  
without labouring.

Ye ought to abſtain from laratiue medicines, becauſe that  
it is ſaid Cum fluor excedit, mors intrat, vita recidit, which is  
contrary to Aſthma, for therein it is good euer to be loſe belied.

For the plureſy.

Whereafter ſhall be ſpoken of medicines for diſeaſes of the  
ribbes. And for playner knowledge of the ſame, ye ſhal vnder-  
ſtand that ſometime in the ſkinnes that couer the ribbes, there  
gathereth together bloud and cholerike humours, which en-  
gender apoſtemies, called plureſie, and it may bee knowne by  
four manner of ſignes.

First the patient hath a great burning feuer. Secondly the  
ribs

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ribs are so soze within, as if they were pricked continually with needels. Thirdly, the pacient hath a shorfe breath. The fourth signe is a strong cough, wherewith the sick is vbered; and by these signes may ye surely know a right Pluresy, that is in the skinne, vnder the ribbes within the body.

But there is an other kinde of pluresie without, vpon the ribbes apostomed, but in that is nothing so great daunger, nor the feuer is not so strong, as is the other afoze rehearsed.

### Remedy.

The pacient ought to be let blood on the liuer vaine, in the contrary arine from the side that is diseased. After the beginning of the soze, till the third day, and after that if the pacient be not feeble, let him blood againe vpon the same side that the soze is. Hereafter the pacient ought to lay vpon the soze side, euery day an earthen bottel, full of warme water, and to aneint his ribs with oyle of Camomill warme. And he ought to take a glister of Chickins broth, milke, calsia, oyle of violets, and hony of Roses, if his belly be harde. And in stead of that glister, it is good to take an ounce of calsia, an houre before dinner, in a losenge or distempered with a ptisane, or els with water of scabiose.

### Another remedy.

Take of brome floures, of Scabiose and the great thistle called Cardus benedictus of euery one a litle portio, meddell the together, and let him euery morning and euening, receiue a good draught, and anoint the ribs with oile of brome floures and is shall be good.

### Another singular remedy.

Take three ounces of water of our lady thistle, one spoonful of white wine, & fire inner whites of eggs wel brayd, mingle altogether, & lay them plaister wise vpon the ribs, as hot as ye can suffer.

### Another expert remedy.

Take two good handfuls of horsedung, two races of ginger in powder, and then wzap well the dunge and the Ginger toge-



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together in a cleane linnen cloth, then put them in a new pottle to boile with two pintes of white wine, vntill the third part be consumed, and drinke a draught of the said drinke euery morning, and after yee haue dronke the said wine, couer yee as wel as is possible, and sweate.

### Regiment for the pluresy.

The patient ought not to drinke wine, nor eate fleshe, but must bee content to drinke Pstisan, Barly water, and weake drinke, and to eate barly hulled, and milke of Almonds claryfied, roasted Apples, and great raynsins as long as the feuer doth last. And for to help him to spit, it is good to vse often white pills, Diadragantum, Sugar-candy, and other thinges said in the remedie of the cough.

### For diseases in the ribbes, which is not pluresie.

There chaunceth sometimes a disease in the ribs, which they call a bunch, which commeth of ventosity, wherefoze it is good to apply therto hot things, as a tost of bread very hot, and a little bag of otes, and bay salt fried together, or of hony which is better. Also it shall be good to put thereto a spoonefull of hotte ashes, and herbes of Horehound, Rue, wormwood, Marjorum, Fflop, Bales, and Camomill.

### An other remedie for the same.

Take the rootes of colewort & Hops, of eche an ounce, Tereuzine, Bugworste, Sage, mints, wormwood, Tansey, and motherwort, of eche a handfull, put all in a common still, and distil them.

Keepe that water to drinke euery morning two or thre ounces, while the paine doth last.

### An other remedy.

Take the said hearbes and rootes, and beate them with white wine, and straine them throug a linnen cloth, and giue vnto the patient a smal draught y. or ii. houres afoze meate.

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The fourth Chapter of the weaknes of the hearr.

**V**V **Weaknesse** or **faiblenes** of **hearte**, is caused when the body fayleth his vertue vitall, without any euident cause, or when the bodye is consumed and waxeth out of colour, and that the operations vitall are weake, without sensible hurting of any other member, but the hearte. And it may chaunce of an apostemie, for the which there is no manner remedy, for all apostemation of that heart is mortall. And debility of the hart, may come of heat accidental, which one may know when there is great heat in the brest, and vehement thirst, and is quenched better in drawing cold ayre, then in drinkeing cold water.

### Remedy.

Giue him that hath a feeble heart, and ready to fainte, eyther for feuer, or for extreame heate, the weight of a French crown of Troscilke of Camphore, with wine of Denegranades, and lay vpon his bzeast towarde the left side, a sendall, or linnen dipped in water of Roses and vineger.

### A lectuary.

In steed of these troscilas, ye may vse an electuarie called Diamargariton frigidum every morning a Loseng. And it is good to giue him for the same feeblenes, conserue of Roses, violets, water Lillies mingled together, and after to drinke water of Sorrell, and to smell roses, water Lillies, rose water, & vineger. Otherwhiles and most often, debilitie of heart chaunceth of a cold and dry cause, and is without feuer, with great feare and heauines, the remedy whereof is this.

### Remedy.

Take of an electuarie called Diamuscus, or of an other called Electuarium pliris, and vse every morning a Losenge, and drinke after it a little good wine, or Buglosse water, and anoint the brest with oyle of Spikenarde. Moreover vse once in a weeke five houres befoze meate: the weight of halfe a crown of good triacle or Githridatum, so it be well tempered in a little white wine with a few maces.



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For the same.

We must give the patient often in the houre of his feeblesse, Cloves, Cinamon, Nutmegs, Betuale of the roote of Cole, worts if he hath not the Pthysik, in which case he must abstain from the said things. And it is convenient to give him in that case good flesh, and pot age without spices, and take every morning, a great draught of Ases or Goates milke, and Sugar rasate.

For beating of the heart.

It is called of the Physicians Cardiacapalsio, or otherwile tremor cordis, that is trembling of heart, and sometimes it chaunceth with a feuer, and sometimes without.

Remedy when it cometh with a feuer.

We must be let blood of the liver boyne, and drinke every morning scrup of Pomgranades and Limmons, the iuyce of Dozell, or one of them with water of Roses, Murcelane, Succory and Dozell. Whereouer the patient ought to smell thinges colde and sweet, as drying Roses, water Lillies, Violets, and vineger of Roses.

Also it is good to take an infusion or iare of Rubarbe, or dained of some good Rhizition: after the which it shall be good, to apply vpon the left pap, a linnen cloth dipped in Plantaine water, Roses, Dozell, and a litle vineger.

For trembling of the heart without a feuer, a remedy.

**T**he patient must take two drammes of the electuarie of Diamirgaton calidum, and the thirde parte of electuarium de geminis, then drinke two or thre ounces of water of Buglosse, and Baume mixt together.

Another remedy.

Take Mastike, Lignum aloes, cloves, Sinamon, Nutmegs and Cubebs, of eche a scruple, pilles of Citrons halfe a dram Doronici rominy and perles, of eche xv. graines, Basil seede r. grains, Ambergrece & muske, of eche two graines, w conserved buglosse or coleworts flucket of Citrons, of ech half an ounce, make an electuarie w foure ounces of sugar dissolved in white wine

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wine and buglosse water, and vse of the same euery morning two drams, and drinke a little good wine after it.

### An other remedy.

Take water of buglosse, Bayme, and Bourage, of all three together a pound, of white wine halfe a pounce, powder of Cinamon, Cloues, and Nutmings of eche two drams, mingle the all well together and then heat it a litle, and dip a linnen cloth in it, or els a scarlet, and lay it to the left pap.

### An other remedy.

We must make a bag of Sendall, of the said sweet spices, or other cordiall pouders, and lay it hot vpon the left pap.

### An other remedy.

Take Bonnanders made of Lapidanum, Lignum aloes, and citron pilles, Baces, Cloues, Bozage floures, Storax calamice Amber of Grece, and a little war, and let the patient beare that, and smel it often.

### Another medicine.

The matw of an olde cocke dyed, and made in powder is exceeding good to drinke in red wine, or sweet wine with a little Saffron.

### For the same.

It is good to drinke euery morning three ounces of water of buglosse, wherin hath been sodden cloves. And it is good to drinke in the morning foure ounces of Zulep made of halfe a pound of bayme water, and three ounces of suger. The confecti-  
on of Diuacinchay, is singular and excellent for trembling of the heart, but it is for noble men, not for poore folke.

### For swooning.

Swooning is a taking away of the feeling and mouing of the body by weaknes of the heart through to much auoydance of the spirits.

### Remedy.

In swooning for swooning, sodainly yee ought to call vpon his face colde water, mingled with rose water or vineger.

And



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And if yee stop his mouth and nose, and bow his face vnto his knees, so long as yee stop your winde your selfe, ye shall forthwith recover him. But if the said souning come of the mother, ye must lay to the nose all stinking thinges and abhominable sauiours, as Partrich fathers bzent, castor, and assaferida, or the stufes of candels. Whereouer ye ought to giue the pacient a little good wine, which is the chief thing that quickliest restoreth him as saith Aueroice in his seuen colliget. Afterward rub his armes and legges, and binde them hard, then prouoke him to nose, putting a little powder of long pepper, Euphorbium, or Castor into his nose. And if by the sayd medicines, the pacient doth not amend, this disease is vncurable. And heere ye may note, that if souning come by great resolution of spirits, as after great euacuation, either by sweat, flux of bloud, or laske, ye ought not to cast cold water on his face, nor to binde his members, for that should do him hurt, but keepe him in a place without mouing, and giue him to drinke a little good wine, and nourish him with good light meates, as pullets, chickens, capons, partriches, beale, Putton, and Kid. Whereof ye may make him good pottage, coleises or restoratiues, distilled or otherwise, as ye shall thinke conuenient.

The v. chapter of remedies for diseases of the stomack,

**T**he chest of the body doth receiue the meate necessarie for all the members in the stomacke, which is situate in the middes of the body, for to digest the same meate into all the members, to the which chaunceth debility or hindrance of appetite, sometimes by error of the eater in quality or quantity, and sometimes by reason of the reume that descendeth from the head like a reume.

### Remedy.

Keepe abstinence, and eate soberly light meates, and drinke good wine, and but little. Purge the stomacke by taking pills of unripe hieira before meate iij. or iij. of the said pills at foure of the clocke in the morning. If the replexion be great, sleeping

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In the night, he must lay his hand vpon his stomacke, or els lay a little pillow of fethers on it, or a bag of wormwood and Sargerum. Somtimes there chaunceth such debility, not for reum or meat, or drink, but by viscons and flymy fleum in the mouth of the stomack, which causeth to engender aboundance of ventosity, and maketh the meat to swinnte with little thirst. And somtimes with sower belchings, & inflammations: such debilitie may not perfectly be cured, but for a time mended with the remedies that followeth.

**Remedies for weaknes of the stomacke.**

First ye must take Pillule Stematice two or thre houres afoze meate, moze or lesse, according to the quantity of the fulnes of the stomacke, and after giue him every morning two houres afoze meate and one houre after supper, at euery time a Rosenge of a lectuary called Diagalanga, or another called Diaciminum, which Lectuaries do consume ventosities, and with their comfortable heate, drive away the colde and the windpe complexion of the stomacke.

**For the same.**

Greene ginger is verie good, taken as is said afoze of the lectuaries. And it is holesome to eat afoze your meate, a nise seed, and fenell, and when ye begin to eat, take a tosse dipped in sodden wine, or good Maluesey without drinking of the same wine, except it be a verie little after meate.

**An other.**

Take Mastike, and Lapadanum, of euery one an ounce, mintes and wormwood pondred, of ethe a dram, Turpentine, as much as shall neede to incorporate them together, make a plaister and spread it vpon Leather, and lay it to the stomacke. In steede of the said plaister, it is good to annoint the stomacke with oyle of Spiknard, and niace, or to lay on it hot bread steeped in good wine, on the which bread crew powder of cloues and Nutmigs.



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Sometimes such debility of stomacke, commeth of hot causes, and then it is knowen by the little appetite to meate, and great thirst and headache before meate, and after it, commeth stinking belching, wherof sometime followeth vomiting, and is holpen on this wise.

**Remedy.**

In such debility, if there be great quantity of spittle, and much desire to vomit, it is good to take x. drams of Hierapicra, with the decoction of Cicers, or with ii. or iii. ounces of water of woyme wood, and after your meat, vse Coziander seede prepared, and beware ye drinke not thereafter, nor sleepe in the day time.

**To the same.**

**M**irabolans condite are very good for the same purpose, to be given once in the wake, at foure of the clocke in the morning, half an ounce, or a whole ounce every time, and take away the stone that is within. If the said debilitie of stomacke of hot cause, there bee not abundance of spittle, but dries of mouth, with thirst and vomiting, stinking & fumish, it is good to take every morning sirrup of Sozel, sirrup of roses, of sirrup of quinces, with endiue and succozy water, and water sodden and cooled again and then drinke Hierapicra, as afoze is sayd, or take a purgation; as is declared in the paine of the heade, coming of choler. It is to be noted, that for such debility of the stomack, ye may not weare any cerote plaister, nor bag, wherein is hot medicines, lest ye should augment the cause, but it is convenient to anoint the stomack with colde oyles, as be oiles of Roses, and Quinces, and if ye will haue a plaister, make it of red Roses and Saunders.

**For abhorring of meat.**

Sometime there chaunceth in the stomacke a disease called fastidium, or abhorring of meat, whereby the person against his will taketh in hate and abomination all manner of meates, that is offered unto him: likewise as a hole man taketh pleasure and delight in his meate. The cause of this disease, is repletion of cholerike humours, or fleumatike, grosse and viscus, which

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which are in the stomacke, and the patient hath great thirst, a dry tongue, the mouth bitter and sometime both vomit yellow choler.

### Remedy.

We must purge the choler as hath beene said afoze, and if the veynes be great and full of blood, ye ought to let him blood on the right arme, and on that veine which appeareth most: and to quicken the appetite, it is good to giue him to eate or drinke, such as the patient demaundeth, although it be not alwayes of the best. And also it is good to giue him the iuice of Pomegranades.

### For belching.

Belching is a ventosity inflating expelled out of the stomacke to the mouth, and cometh by feedenes, and tittle of the stomacke, which engendreth winde, wherefore it signifieth a colde complexion, which is cause of such ventosity after meate. And for this disease ye shall doe as followeth.

### Remedy for windenes of the stomacke.

**A**skaine, frost al frutes, and raw hearbes, pease, beanes, garlike, onions, leekes, Chelnuts, course meates, great rest and slepon the day, ye ought to take fasting, comfits made of anise, fennell, cummin, and carraway seeds, or els powder of the said things mixt with Sugar. Also it is good to take in a morning two houres before meat a losenge of Aromaticum rosatum, and if ye haue an aking stomacke and colde, it is good to take every morning a losenge of dianisi, or diaciminum, or some other comfortable losenge, and to drinke after it a sponefull of good wine.

### An other remedy.

We may take a litle Balingale with a litle wine, or powder of Cummin, with some good wine.

### An other remedy.

Drinke every morning fasting ij. ounces of wine, wherein hath beene sodden bayberies, anise, and carraway seedes, of eche a litle. And if ye put to it a litle frankensence, it would be the better. And without, it is good to lay a bagfull of Ca-



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momil floures, rue, worm wood, and maioram made in powder, or for to annoint the stomacke with oyle of wormwood, Rue, Spikenard, or Baies. Sometimes such belching and ventosity cometh before meate, and it is caused of fleume, viscos, or watrish, that is in the stomacke.

### Remedy.

We must purge the fleume with Pillule cochie or electuarium of diacartami, as hath beene said in the remedy of paine of the head caused of fleume. Andere ye giue the purgation, yee ought iij. or iiij mornings two houres afore meate, to take ij. little spoonfulls of sirrup of wormwoode or of mintes. After the which purgation, it is good to anoint the stomack with oyle of Mastik, Nardine, wormwood or lekes, and for to weare vpon the stomack a cerote, being made like a plaister, which ye may buye at y<sup>e</sup> Apotecaries called cerotum Galeni, or a bag made of Maioram, and Camomill floures, & take euery morning a lousenge of the electuary aboue named, or of Diagalanga. Item ye shall note, that if the person cannot take a purgation, to auoyde sufficiently the fulnes of the stomacke which hindreth the digestion of meate, he must take a glister, & afterward pilles of elephangine or of hiera simplicis, before dinner or supper. Moreover, if before dinner ye feele an heumes in the stomacke, yee ought to take one of the said pilles halfe an houre afore meate.

### For the hicket.

Hicket or yeasking, is an euill moouing of the vertue expulsive of the stomack, prouoked by the vertue sensible, to expulse that doth annoy. The said hicket doth sometimes happen by reason of emptines, by debilitie of the stomacke after long sickness, or by fluxe of bloud or laxe, or by some other strange euacuation, which is very perillous, & often times mortall. Therefore it is good to giue restoratives to the pacient, & to giue him soft egges, almond milke, hulled Barley, coleise of capons, or other things of good nourishment, and of easie digestion.

Also

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Also yee ought to stop the laske, and to make the patient to sleep long, and anoint the stomack with oyle of sweet almond s. Somtimes hicket proceedeth of repletion of matter, humours, or of drinke and meate which engender grosse ventositie, and not very easy to consume. If the stomack be ouer charged with meats, keep a long abstinence till digestion be done or els vomit and anoint the stomacke with oyle of Dil, Galike, worme wood and Castor. If humours continue in the stomack because of the saide hicket, take an ounce of Hierapicra with water of worme wood, or els pilles Ante cibum iij. or iij. houres before meate, and every morning folowing the operation of the sayde hierapicra, take a losenge of Dianisi, or Diaciminum, or else a few anise seedes and caraways.

### Regiment for all manner of hicket.

It is good to keep long and often his breath, to neede, to trauell much, to endure great thirst, and also to sleep long. And it is good to caste colde water in the face of him that hath the hicket, and to threaten him, and so put him in feare, and to anger him, or els to prouoke him to heauines, for by these thinges, the naturall heat is reuoked and fortified within, and causeth the hicket to cease.

### For vomiting.

Vomiting commeth sometimes without great violence, and thereby one getteth healt, wherefore yee need not giue him any remedy, for it is a good action of the naturall vertue of the stomacke. Sometime vomiting commeth by a great violent moving of the vertue expulsive of the stomacke, for the euill things contained in the same.

### Remedy.

One may well helpe a man to vमितte, giuing him warme water with a little oyle to drinke, or els to put the finger in his mouth very low, or a fether wet in oyle the better to vमित, and mundifie the stomacke, if so be the person haue a wide throte, and that vomiting do not hurt him much, as they that haue but



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small and straight throates, and long neckes and leane, and hee that hath an euill sight, for all these it is euill to vomit.

Sometimes vomiting cometh by weaknes of the stomack caused of a hot and euill complexion, ye shall heale it after this manner.

### Remedy.

Take sirrup of roses, quinces, mirtilles, with water sodden and coold againe, or els water of purselane for to refreshe and quench the thirst that chaunceth commonly in such a case. And it is good to anoint the stomack befoze dinner and supper, with an ointment made of oyle of roses, and quinces, with iuice of mints and a litle wax, or els to make a plaister of mints, roses, wormewood, and oyle of roses, and lay it to the stomacke.

### Another.

Take Frankensence, Mastik, of eche halfe an ounce, made in pouder, and mingle them together, with the white of an egge, and a litle barley floure, then spread it on a litle tow, and lay it to the mouth of the stomacke. At the latter end of dinner, it is good to take a morsell of marmalade without drinke.

Sometime vomiting proceedeth of euill and colde complexion of the stomacke.

### Remedy.

Anoint the stomacke with oyle of spikenard and Mastike, or els make anointment of the said oyles, with a litle mastike, coral, and ware, and anoint the stomacke morning & euening.

### Another medicine.

Take a bag of wormewood, Maiorann, and dry mints, of eche a like handfull, cloues, galingale, and nutmigs, of eche halfe a dramme, the said thinges poudered and put betwixt two linnen clothes with cotton enterbasted and applied vpon the stomack, are of wonderfull operation. In stead of this ye may take the said hearbes dyed on an hott tilestone, and put them in two linnen clothes vpon the stomacke.

### An other manner.

When ye take a tosse of breade and steipe it in the iuice of mints, and cast vpon it pouder of mastike, then lay it vpon the stomacke,

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Stomacke, and from threē houres to threē houres, let it bee renewed.

Otherwise.

Take two handfulls of mints, and a handfull of roses sod in wine, the take two ounces of tossed bread, and moist it in wine, and incorporate it with powder of massike, and the saide roses and mints, and make a plaister, whereof one part must be layed to the stomacke when the patient would eate any meate.

The said plaister is also good in all hot causes, if for the said wine, yē seeth the mints and roses, and steipe the tosse in vineger.

To comfort the stomacke after  $\S$  miting.

It is good to giue vnto the patient euery morning an ounce of sirrup of wormwood, or mints, in steede of which it is conuenient to take a loseng *Astaromaticum rosarum* or *Diagalanga*.

For the same.

Take euening and morning iii, houres before meate two cloues in powder with a spoonfull of the iuice of mints, or half a spoonfull of Rue, dyed with a little wine. Also it is good to take powder of cloues & *Lignum aloes*, the weight of a crowne, with wine two houres before meat.

A glister for the same.

And heere ye must note, that in all vomiting, if the patient bee harde bellied, it is good to take a lenitive glister made of the decoction of march mallowes, violets, and Barly, with oyle of Violets, hony of roses, and a little Cassia.

And if the vomiting come of colones of the stomack, or of cold water contained in it, ad vnto the said glister, wormwood, Hop, Rue, and camomill in the seething. And for oyle of violets take oyle of Camomill, or of Lillies, and giue the patient a pill of massike before meate. And ye shall vnderstand, that mints brayed, and mingled with oyle of roses, and applyed vpon stomacke, is very good for all vomiting.

For paine of the stomacke.

Ache or pain of the stomacke cometh sometimes of wind, and it is called *doloure extensiae*, the which is holpen with



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With applying thereto a sponge wet in wine wherein hath been sodden wormwood, rue, and camomill.

Also ye may help it as hath bene said in the remedy of hicket or yeasking, and as shall be said heereafter in the remedye for all paines of the stomacke.

Sometimes the said pain commeth of repletion of humours, and it is called *Dolor aggrauatus*. Which ought to be cured by purgation in giuing of Cassia, newly drawn out, Hierapicra, or pilles Stomaticas, or of hiera simple. taking some sirrup before the purgation, as is shewed in the remedy of debilitie of stomacke. Sometimes paine of the stomacke commeth of choler, or salt fleume very sharpe, and the patient hath bitter taste or salt with greate thirst, and he feeleth heat and morbidation. Wherefore it is good to drinke sirrup of roses, or occi saccharum simple with sodden water and cooled. In steed whereof ye may take endiue water, succory and purselane with one parte of worme wood water, and then take an euacuatine that purgeth choler, as is said in the remedies for paine of the head comming of choler, or let the patient vomite, in giuing a sharpe sirrup of sorrell, with warme water, then put his finger in his mouth, so that he may vomit. Sicke folkes often diseased in the stomack demaund nothing els, but to take away the paine, not regarding the time while the matter may be purged by vomiting, glister, or other laxes.

Also there chaunceth sometimes so great paine and sharp, that for debility of vertue, it is good to leaue the cause and stycke to the swaging of the paine: wherefore it behooueth to procede in manner following.

Remedie for all paines of the stomacke.

**T**ake Camomil, melilot, worme wood, mallowes with their rootes, leaues of bayes, Parietarie, and peniriell, of eche a handfull, line seede a pound, fenugreke halfe a pound, anise and fennel seede, of eche halfe an ounce.

The said things brused and well sodden in water, wet therein sponges, and the licour well pressed out, and applyed vnto the

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the stomacke, one after an other, and warming them againe when they begin to coole, swage all manner paines of the stomacke. And afterwarde yee must annoint the stomacks w<sup>th</sup> oyle of Dill and Camomill.

An other remedy.

Take an hogges bladder, and fil it of the said decoction, and lap it in a linnen cloth, and lay it to the stomacke and warme it againe when it is colde.

But after ye haue made diuers such applications, yee must anoint the stomacke with the oyle aforesaid, if the paine be remouing from place to place, it signifieth it commeth of ventositie. Therfore lay vnto it a bagful of meale, Saltem, and cummin dyed together.

An other remedy.

Take a spooneful of hot ashes, beate them with good wine, and couer them with a linnen cloth: that it goe rounde about the spoone, and lay it to the stomacke.

An other remedy.

Take a sheaue of breade meetely thicke, tosse it, and wet it in hot oyle of camomill as hot as it commeth from the Duen, or in oyle of spike, and wzap it in a linnen cloth, and lay it vpon the paine.

Another remedy.

Put a great boring glasse vpon the nauill, and let it be there one houre.

An other remedy for paine of the stomacke.

Take two dzams of Diaciminon, of Dianisi, of Diagalanga, and dzinke it with a little good wine, an houre or two before meate. To dzinke two ounces of Maluisi, with a little of one of the said electuaries, is very good for such paines as procede of colones or ventositie.

An other remedie.

Take a dzam of Calingale in powder and giue it to dzinke with a little hot wine, and aboue all things for paine of ventositie, a singuler remedie is to dzink a little castor with god wine.



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An other.

Likewise to drinke two houres before meat three or foure ounces of the decoction of mints, anise seedes, cummin and fine frankenscence.

Also it is good to drinke an elcduary called aromaticum, whereof ye may receiue one losenge euery morning fasting.

An other speciall medicine.

Take halfe an ounce of iuice of mints, and two draims of the iuice of wormewood lignum aloes, and cloues, and xilobalsamum, of eche in powder halfe a scruple all mixt together, and drinke warme ii. or iii. houres before meat, are exceeding profitable.

The sixt chapter, of remedies for diseases of the liuer.

**T**he liuer is one of the principall members and chiefe instrument of generation of bloud, and of other members: it lyeth on the right side vnder the short ribs, the which is ordained to digest the meate the seconde time, and thereof to make humours that nourisheth all the members of mans body, by his naturall heate, comforted by heate of the heart. But sometimes it is griped by bloud, into much aboundance, or by colerike humours, which cause to great heat, or els by fleum that doth diminish the same.

A remedy for an hot liuer.

If the liuer be too hot, because of too much bloud, the person hath red vrin, hasty pulse, his veins great and full, and he feelth his spattle, mouth and tongue sweeter then it was wont to be, wherefore it is good to be let bloud of the liuer vaine on the right arme, and to vse lettuce, sorrell, purselane, and hoppes in pottage, and sometimes to drinke of the water of the said herbs fasting, or els endiue water to refresh the liuer.

Regiment for disease of the liuer comming of bloud.

**Y**e must abstain from drinking wine, and eating of flesh, and if at meat or drinke, ye must otherwise, the wine ought to be watred, and the flesh boyled with Lettuce and Sorrell. It is better to drinke prisan, or scale rider, and eate both of pe-  
son,

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son, almond milke, hulled barley, or rosted apples, and damaske pynnes, while the heate be diminished. And ye ought euery day to prouoke the dutie of the wombe, either by meanes of suppositoꝝ, or els otherwise.

If the liuer be ouer hot with choler, the pacient hath his vrine cleare and yellow without measure, great thirst without appetite, and feeleth great burning in his body, and commonly hath his belly bound, and hath his face yellow.

This disease of the liuer chaunceth most in sommer, and for it ye must take twice in a day an ounce of sirrup of Endiue, or Violets, with a good draught of Prisan, drinke it two or thre houres befoze meate, and also at night to bedwarde, and so to continue thre or foure daies.

In neede of the sayde sirrups yee may take thre ounces of prisan, or thre ounces of water of Endiue, Cikoꝝ and Sozell medled together, soe eche time. When the fifth day in the morning earely, it is good to drinke a purgation that purgeth choler, which shalbe made as followeth.

An excellent purgation for to auoyde choler, and may be giuen to men of all ages.

**T**ake halfe an ounce of Cassia newly drawn, a dramme of good rubarb infused a night in water of Endiue, with a little spikenard, and an ounce of sirrup of violets, mixe all the sayde thinges with thre ounces of prisan or whay, and drinke it warme, as afoze is saide in the other.

And if yee will haue it colde, ad vnto it two ounces of binger, or the iuice of a pomegranade. If the liuer be colde, for the fleumatike matter that is in it, the person hath water white, and out of colour, the face pale, and the mouth watry, lyttle bloud, and feeleth heauines about his liuer.

### Remedy.

He ought to drinke in the morning earely, thre or fouer times a sirrup called Oxmell diureticum, with the decoction of smallage and parsely, or with waters of smallage and fenel, & after he must take to purge the flum a medicine made as fo-



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loseth. Take five drams of Diafinicon if the person be strong, or halfe an ounce if hee bee weake, and distemper it in foure ounces of the decoction of the rootes of smalage, persely, fenell, and drinke it luke warme five or sixe houres afoze meate.

In neede of the said medicine one may giue two drams of agarike in troscisks with water of smalage, or els good fenell.

### An other medicine laxatiue.

Take halfe an ounce of Diacarthamy, or halfe an ounce of Diaprunis laxatiue, or as much of electuarium dulce with three ounces of persely water, smalage, Isop, or fenell, take it five houres afoze meate.

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The pacient must drinke good wine, and vse Ginger, Cinamon, graines of paradise, Anise, fenell, shot herbs in potage as Sage, Isop, Tyme, maioran, and auoide all raw fruites, and also raw hearbes. Moreover it is very good to make a plaister of smalage, wormwood, Spikenard in powder, with oyle of oil, mingle it and lay it vpon the liuer.

### Against stopping of the liuer called oppilation.

**O**ppilation or stopping commeth sometime in the hollownes of the liuer, and it is knowen by compassion and paine of the stomache, and is healed by medicines laxatiue, as is declared before.

And sometime the oppilation is in the baines of the hollow part of the liuer, and is perceiued then by the grief, which the pacient feeleth in his backe and in his reines. And it is healed by thinges that open, as by sirrups of three rootes, sirrup of Bifantius, sirrup of Gaidehaire, and by drinking the decoction of raisins, fenell, persely, smalage, Cicozie or waters distilled of the same herbs. Also roots of Alisander is good for the same. Sometimes the said appilation commeth of grosse blood, earthy, and melancholike, which the members send vnto the liuer, and because that such engendred blood can haue no issue, nor hath any way to departe to any other members, therefore bee the

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the baines of the liuer stopped vp, by the grosseasse of the sayd bloud. And it is knowen by the water, that is very high colour red, and cleare.

### Remedy.

Giue the pacient medicines that pearce and subtile, as is wine of Pomgranades, sirrup of endiue, with the decoction of Cicers. Then let him bloud on the liuer beyne and euery morning eate a losenge of Cryalandy. Sometime the said oppilation commeth of abundance of some humour, viscouse colde and fleumatie, stopping the beyne of the liuer, and then the vyne is as cleare, as cleare water.

### Remedy.

The pacient must drinke euery morning the sirrup of Oximell squilltike, with halfe a draught or more of the decoction of rootes of smalage, fenel, and persely.

Sometimes vnto women commeth oppilation of the liuer, by receiuing of their purgations. Therefore it is good to let them bloud on the beyne called Saphena, which is aboue on the higher side of the instep. And let them take after the chaunge of the moone, seuen or eight morninges an opiat called Trisera magna, euery time an ounce. And after drinke thre ounces of water of lungwort, flax, fenell, or the decoction of these hearbes, or els the rootes apperitiue, which be smalage, persely, fenell, Alexander and asperage, boyled with water with the third part of odoriferous white wine.

Medicines for the liuer that may be easily had at all times.

Take a good handfull of liuer worke, that groweth vpon the stones, and an other of sumitoy, with as much of hearts tung, and seeth them in wyaye clarified, and drinke them euery day twise.

The lyuer of an hare dyed and made in powder, is good for all diseases of the liuer as affirmeth Auicen, and other of the Arabians.

Also for heate in the liuer seeth Barberies in whey, and drinke.



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Drinke them.

The vii. Chapter against the diseases of the gall.

**T**he gall is placed in the holowes of the liuer, to receiue the superfluitie of choler, and to send it to the bowels to be voided with the grose excrements; to the intent to cleanse the blood of the saide choler.

So the whiche there commeth oftentimes opilations in the parties about, by the liuer, or beneth in it self, next the bowels causing great paine, by reason whereof, the choler turneth againe vnto the liuer, and there is mingled with the blood, and spread abroad into all the veines of the body, and breedeth a disease named Jaundis (Ictericia in Latine) whereof bee three kindes, that is to say, yellow Jaundis that proceedeth of choler, called citrine or yellow Greene Jaundis, which proceedeth of Greene choler, and blacke Jaundis that proceedeth of black choler, which is called melancholy, and commonly commeth of the opilation of the splene.

Remedy for Jaundis.

If the Jaundis happen in an ague before the seventh daye the pacient is in great danger of his life, as Hipocrates saith. But if it appeare in the first day, being a day iudicial or cretrick of the ague, or after it is a very good signe.

And then yee must succour nature, in refreshing and digesting the choler, with sirruppe of violets, given in the morning with water of mozel, or sirrup of endiue with water of Cicory.

After this purge the choler as is saide in remedies of the liuer. And then giue him a losenge of Triasandall, with Rubarb, euery morning two houres before meate, and drinke a little water of endiue and Cicory, afore the saide Losenge.

Moreover, it is good to bath the liuer, as is saide afore, and wash the patients eyes with vineger, and womans milk, and drinke a Decoction made of Barley, Likorice, Prunes, and the rootes of fenell. And if (when the feuer is past) the Jaundis tarieth still, the pacient must drinke water of fenell & mozell, with the sirrup of Occisaccarium composte, and it is good to laye a quicke fence vpon the liuer.

Jaundis

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Jaundis sometime cometh without feuer, and may be healed by things that I declared here before, or thus.

An other Remedy for the jaundis.

Take foure ounces of radish, and giue it the sicke to drinke five mornings, three houres before meat. In stead whereof it is good to drinke every morning foure ounces of the decoction of horehounde, made in white wine, or as much of the decoction of Cendony and Barberies, with a little hony and Saffron.

An other remedy.

Take worms of the earth called Angle twytches, and wash them in white wine, then drie them and drinke of them a spoonful at a time, with white wine.

Another.

We may let him drinke seuen or eight daies together in the mornings a good draught of the decoction of Politricon, or of maidenhaire. The decoction also of Woodbind, or the water of it distilled in a common still, is a soueraine medicine for the said disease.

An other singuler remedy.

Take colwes milke and white wine of eche a pinte, and distil them in a still, keepe that water a month, and then giue it to the patient three ounces in the morning two houres afore meat, and likewise after supper, when he goeth to bed.

The viii. chapter for diseases of the splene.

**T**he splene is a member long, soft and spongie, being in the left side ioyned vnto the holownes of the stomacke, and to the thicke endes of the ribs, and to the backe, the which is ordained for to receiue the melancholie humours and to cleanse the bloud of the same, for by that meane the bloud remaineth pure and neate. Therefore it is good nourishing for all the



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the members, and is the cause that maketh a body merry, but oftentimes there happeneth oppilation or debilitie, whereof commeth the blacke Jaundis.

And sometimes it is greater, fuller, or grosser then it ought to be, by ouermuch melancholy that is not naturall, caused of the dyegs of the blood engendred in the liuer and doth hinder generation of good blood, where through the members become drie for default of good nourishment. And therefore the patient is called splenetike, which ye may know by that after meate, they haue paine in their left side, and are alwaies heauy, and hath their faces some what enclined vnto blacknes.

### Remedie.

In oppilations and apostemes of the splene, whither it be of hot humours or of colde, hee ought to be let blond on the splene beyne called Saluatella, which is in the left hand, betwæne the little finger, and the next finger which they call Medicus. And ye must draw out but a little bloude.

And if the patient feele a burning on the left side, and hath a drye tongne without appetite, it signifieth, that such disease of the splene, is caused of a hot humour. Wherefore ye must giue the patient foure or fise moynings fasting sirrup of endiue water, and hartstong, then a purgation made as folloiweth thus:

A good purgation to auoide melancholy.

**T**ake halfe an ounce of Succo rosarum, and thre ounces of the decoction of the rootes of Capparis and hartstonge and make a drinke, the which ye may minister in a good day to take purgations, sixe houres afore meate.

An other.

In steede of that drinke yee may temper halfe an ounce of Cassia, and thre drams of Dialeny, in thre ounces of Whele or hartstong water, and drinke it as is aforesaide. After the sayde purgation, ye ought to annoint the splene with oyle of violets, or oyle of Linseed, or to make a plaister of the sayde oyle and Linseed, and the rootes of Capparis, and lay vpon the splene.

Also

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Also after the saide purgation, it shall bee good to lay vpon the splene, nightshade parcellane feede, and pouder of plantain mixt with vineger like a playster, & if the pacient haue moze appetite then hee can digest, and that he haue belchings of the stomacke, sometimes soure in the mouth, it signifieth that the passion splenetike, commeth by a colde humour melancholike.

### Remedy.

Ye must drinke sirrup of Stricados, or hartestong, or Oximel diureticum with water of the decoction of hartestong, Epithime, smalage rootes, parcell rootes, Tameriscus, and mints, or els only with the decoction of hartestong, and rootes of Capers. And then after purge it from such melancholy humour, with an ounce of Diacotholicon, and two ozams of Dialene, dissolued in thre ounces of the said decoction or water of woymwood or hartestong.

And after this ye must annoint the side of the splene, with oyle of Lillyes, oyle of dill, fresh butter, mary of an Dre, and hens greace, or of a dog medled together, or annoint the sayde side with Dialthea.

And the pacient ought to drinke white wine, and the decoction of hartstong, euening and morning, taking two figs, with pouder of Clop, Pepper or Ginger, but he may put no water in his wine, and oftentimes he must eate Capres, with a litle oile and vineger.

If for the oppilations of the splene the pacient hath a pale colour, or leady in the face, and a whitenesse of eyes, taking away of appetite, pain in the left side with hardnes, and hath his excrements blacke, it is a signe of the blacke Jaundis.

An expert medicine for all diseases of the splene.

**T**ake the leaues and cods of Seny the barke of an Ashe tree scraped, and cut Maiden haire, Hartstonge and Likorice, seeth them all in cleare whay, and after they be strained, drinke of it twice or thrice a day till ye be amended.

Remedy for the blacke laundis.

**Y**e must giue sirrups and purgations, as afoze is said, and to be let bloud of the veine Saluatella, and afterwarde by

uers



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nerse times evening and morning, to apply bentoses vpon the splene without sacrificyng. Afterward yee must lay on it a list, wet it in good vinegar, and keepe it there so long as the heate remaineth in the saide list, and warme it three or foure times.

Afterward annoint the splene with Dialthea, and so continue foure or five daies and other foure or five daies lay vpon the playster, made of two ounces of Gumme armoniacke, dissolved in vinegar, and spread vpon leather. And if by the foresaide thinges the patient be not eased, the doctors of phisicke say, that he must receiue the medicines again, at the least once in euery month, for halfe a yere together.

### Regiment for all opilations.

The patient ought to vse thinges of easie digestion, and in small quantity, and ought to abstaine from bread too little leuened, Cakes, Tartes, Pasties, pies, hogges flesh, beefe, and poudred meates and fumish. Fish, Lemmons, Reason, beanes, milke, cheese, rice, and firmenty, all frisd meates, drinke after supper, wine and apples, which with all other like trouble the body: also yee must abstaine from much mouing and exercise by and by after meate.

It is good to vse Capres, asperage, hops broth of dried Reason, with parsely, or his rootes, small birdes of the fiede, kids flesh, yong mutton, lambe chickens, fescants, snites, partriches scaled fish, of sweet running water, with parsely, and vinegar. Few layd eggs potched in water, are very wholesome, and yee may drinke white wine or claret, onely at meales.

Also it is good to vse cresses, sage, flos, mintes, fenell, and persely, succory, Scariole, and beetes, and singularly, to take fasting, halfe a spoonefull of red colewoytes sodden, and to eat often anise seedes, and fenell.

### The ninth Chapter for diseases in the bowels.

**I**f a person bee sixe guts three small which are situate ouer the nauill, and three great which are placed vnder the nauil.

The first is called Dudenum, because it is twelue inches long.

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The second is called Ieiunum, for that nothing remaineth in it.

The third is called Iliis, because it is long and small.

The fourth whiche is the first of the great ones, is called Monoculus, because it is like a sacke, and hath but one mouth, and in that same sometimes are woormes engendred of ventosity, that causeth paine of the belly on the right side, whiche is not the very cholicke.

The fifth they call Colon, because it hath many hollow places, and it proceedeth from the right side vnder the liver, and it maketh his revolution vnto the left side, wherein is ingendred the cholicke, which is dispersed by all the belly, more then by any other disease.

The sixt is called Rectum, because it is nigh vnto the left kidney, and goeth euen right downe into the fundament.

Hipocrates calleth the thre bowelles that are next the stomacke Iliis, that is to say, small guts, and the paine of them is called Iliaca passio, a very sharpe paine. Galis calleth it Domine miserere. Likewise also colica passio, is called of the gutte Colon, which two diseases are sisters, forasmuch as they come oftentimes both of one cause that is to say, of the oppilation of the bowels.

Remedy for the cholicke, and of Iliaca passio.

For as much as those diseases are exceeding rger, sharpe, and almost importable of paine, wherof followeth many times defection of the strength, with variety of medicines, yee ought incontinently for to helpe them.

First when the saide paines come by the stopping of the belly yee must give him a glister molificatife, made of the decoction of mallowes, violets, beetes, anise seedes, and fene-greece, with Calsia, and common hony, and oyle Olive, and after ward the herbes of the said glister byased and fried, and layde hotte betwixt two linnen clothes, and applyed to the belly.

And



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And if by this meanes the paine cease not, let the patient sit vnto the buttockes in the saide decoction, and after with Dialthea and butter, anoint the nauill. And if the saide glister doo not worke sufficiently, make another of the same. Or else giue him a suppositoꝝ which is long enough, made of pure honye and Salgem.

For the windy cholike.

Through windines oftentimes commeth the colica passio, or iliaco, and then it appeareth that the paine is changeable, and moouing from place to place, and is knowen also by the rumbling, which is a noise in the bowelles, with griping, and great paine.

Remedy

Take mallowes, beetes, and mercury, of eche a good handfull, Maiozam, Rue, bayes, and camomill, of eche a little handfull, anise seedes, cummin, of eche an ounce; make a decoction, and take therof a pinte and a halfe, and dissolue in it an ounce of Calsia, halfe an ounce of triacle, and thre ounces of oyle of liue, or of Camomill, and make a glister, the which must bee giuen warme vnto the patient, long befoze or after meate. In the seede of the saide glister, yee may giue him a pounce of oyle of Rinsede, which is a singuler thing to take away al diseases of the bellie. Also it is good to make a mixture with oyle of hemp seede.

For to appease the paine caused of winde.

First make a glister of Maluesay, oyle of camomill or dill: If for the saide glisters the paine cease not, or els the patient wil not take them: take a great sponge or else the felt of a hat, and steepe it in wine of the decoction of rue, camomil, maiozam, anise seedes, and cummin. And after ward lay it vpon the pain, as hot as the patient can suffer, and foure times in the day it is good to let him drinke wine, wherein hath beene sodden rue seedes, carawaies, and cummin, drinke at euery time a little draught, and eche day keepe abstinence from eating and drinking much of other things till ye be perfectly whole.

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A suppository for the windie cholike.

**T**ake a dramme of rue, in fine powder, and halfe a dram of cummin dyled and poudred, & with hony scummed, make a suppositoie.

A plaister for windie cholike.

**T**ake two handfuls of rue, in fine powder, Pirre, and cummin poudred, of eche halfe an ounce, foure egges yolkes, and make two plaisters with hony, and lay on the one at night, and the other in the morning, vpon the belly.

**W**ater of camomill or a decoction of the same druncken, is good for them that haue such diseases. Also a dyled acorne in powder, and giuen to drinke in white wine is verie good.

**I**f yee knowe that the paine of the bellie cometh through winde, applie vpon it a great ventose without incision, for by that meanes the said paine will surely goe away, or diminish. If not, it sheweth that there is some humours that causeth the the saide paine, as fleume or choler. If by fleume it cometh, ye must make a glister of a pinte of the decoction of Camomill, rue, wormwood, maioran, melilot, Centaure, anise seedes, and fenell, and in the same decoction put halfe an ounce of Hierapicra or halfe an ounce of Diafinicon, and thzee ounces of oyle of dill, or of Lillies. Also ye ought to giue to the patient sirrup of wormwood, and to make application vpon his belly as hath been said afore, or to lay vnto it gromill seede, and baye salte dried together, which layd vpon the belly, is likewise good for the windy cholike.

**I**f after the saide things the said paine continueth, yee must make a purgacion as followeth.

A purgation for cholike, comming of fleume.

**T**ake fine drammes of Diafinicon, thzee ounces of wormwood water, and make a drinke, the which receiued fasting, foure or fve houres afore meate, is very profitable.

For payne of the cholike comming of choler.

**I**f the said paine cometh of choler, which is known when by the application of hot things the paine encreaseth, yee must make a glister of violets, or giue him halfe an ounce of Succo



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rosarum with pisan, ending water, or wine. And the next morning let him drinke a pisan, of the decoction of pines, and violet floures, and annoynt the belly with oyle of violets, or wet a linnen cloth in colde water, and lay it thereupon. If it do continue still the patient must bee set in warme water up to the hanches, and if the paine come of cold, ye must annoynt his belly with oyle of bayes and goose greace.

### For the windie cholike.

If it be winde, make a glister of newe milke, with a little oyle, and the yolke of an egge, for it is very good. Also it is good to let him drinke a dram of Hiera picra simplex, with two ounces of water of Cardo benedictus, or purselane or wormewood, and to make a plaister of leeke leaues fried in oyle and vinegar, and layd vpon the belly.

Likewise it is good to drinke the iuice of Enula campana, or the sirrup thereof and to weare a plaister vpon the belly, made of hony, and wormewood and Aloes.

### A glister for all cholike.

Take the oldest Cocke ye can get the which must bee well beaten with small rods and then choppe of the head, and put in a good sufficiency of water, and scalde him and trim him for to seeth. And within the belly of the said cocke put anise seedes, fenell, cummin, polipody, and the seedes of Carram, of ech halfe an ounce, Turbith, Sene, and Agarike, bound surely in a linnen cloth, of ech two drams, flowers of Camomill an handfull seeth them vntill the flesh goe from the bones, and take off the sayde decoction a pound, and a quartren of oyle of Camomill and oil, and three or foure ounces of egge yolks make a glister, which must be giuen warme, long before or after meate or drinke.

Pillule cochie are very good for the said disease, specially when the glister doth not suffice to purge the cause of the same. Also Diamusci and Diaciminum are very good lectuaries, if ye take of one of them a losenge falling two houres before meate. Likewise it is good to take Mithridatum, with a little wyte wine,

toine, or with the decoction of Camomill, foure or five houres after dinner, if his belly be naturally lax, or els by some suppositoary or glister.

Against disease of the reines of the backe,  
and the loynes.

**P**aine of the reines is called Nephretica passio, and cometh of some stone or gravel, and it is most like the cholike in cure, but in causes they be cleane contrary: for the cholike beginneth of the lower partes on the right side, and goeth by to the higher partes on the left side of the belly, and it lyeth rather moze forwarde then backward: but Nephretica passio beginneth contrariwise aboue, descending downward, and euer lyeth moze toward the backe.

Also Nephretica is painfuller afoze meate, and the cholike is euermoze greuous after.

And often the cholike chaunceth sodainely, but Nephretica contrary, for commonly it cometh by little and little, for euermoze befoze, one shall feele paine of the backe with difficulty of vyne. Item there is moze difference for the colike she weth dyneffe, as it were coloured, but Nephretica in the beginning is cleare and white, like water, and after waxeth thicke and then appeareth in the bottome of the vessell, like red sande or grauell.

Remedy for payne of the reynes.

**Y**e must vse thinges aperitine, to cause you make water, but afoze yee ought to loose the belly in taking an ounce of calsia, an houre befoze meat: but if your belly bee hard bound, yee must take a glister made as hereafter followeth, befoze ye take the said calsia.

A glyster for Nephretica passio.

Take of march mallow rootes two ounces, mallowes, Violets, Beetes, and march mallow leaues, flowers of camomil and Pellilots, of eche a handfull, Pellon seede and anise seede of eche halfe an ounce, wheat branne an handfull, and decoct it, and take therof half a pound, & distemper in it an ounce of calsia, & an ounce of course suger. ii. ounces of oile of violets, and an



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ounce of oyle of Lithics, make a glister. In fised thereof yee may take colwes milke, with two egge yolkes, in manner of a glister. And it is to bee noted, that in such a disease the glister must be great in quantity, or els ye should make wresting and rumbling in the bellie, which shoulde bee an occasion of moze pain. After this operation, if the paine be not appeased, ye must giue an other glister, after the operation of which, the patient ought to goe into some bath, bp to the nauill, wherein must be sodden mallowes, march mallowes, beetes, pellitory, linseede, Fenugreкке, and flowers of camomill, with melilote, all put in a bag in the saide water and rub him with it: and at his going out of the saide bath, yee must take two ounces of sirrup of maidenhayre, and radish, with thzee ounces of the decoction of likorice. Moreover, after the saide bath, yee must lay vppon the paine, a pultesse made of hearbes and flowers, with oyle of almonds, beeing in the saide bag, and two or thzee moyninges take v or fife ounces of the bzoth of Cyters, sodden with Likorice, or els drinke water of Bellitorie, of cresses, or of rootes of peritine, the which waters are very good for to purge the grauell and the stone.

Likewise a very good electuary for the same, called Electuarium ducis, or Iustinum, Philantropos, or liontripon: if one take a dram or two after operation of a glister, of Calsia, or a pill of Antecibum, and after to drinke one of the said waters, or els a litle white wine warmed.

Regiment as well for the cholike, as for the reines  
of the backe.

**H**e must flie from all euill qualities of the ayre, as winde, raine, great heate, and great colde, specially to keepe hym fro warming the reines against the fire, nor to heat it by any other means. Also he must abstain from great repletion at one meale, and too long abstinence from meate: for al these fill the body full of ill humours. Also sleepe not on the day, specially after meat, nor lye not on the reines when yee are a sleepe.

And ye ought to eat no salt fish nor no beefe nor other grosse meates,

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meates. Likewise one ought to beware of all foules byed by in the water, spicery, pastry, and bread not very well leauened, specially Tartes, cakes, and other pasties made of floure. But aboue all, yee must beware of white meates as milke, chiese, raw frutes, hard eggs, and as much as is possible, keep your self from ire, enuy, Melancholy, and other like affections.

### For the flux of the wombe.

**I**f all fluxes of the belly, cause the excrements, to be duly serueth for if the disease bee such, that the meat commeth out, euen as it was receiued, noz not halfe digested, the saide fluxe is called Lienteria. If great aboundance of watry humors haue their issue below, the saide fluxe is named Diarthea, which is as much to say as flux humorall. And if bloud or matter appear with the excrements in the sicknes, then they call it Dissenteria, which is a great disease and a dangerous for to cure.

### Remedy for the flux Lienteria.

**F**oasmuch as the fluxe commeth for the most part of great debility of vertue retentive of the stomacke, for the great moistnes of the same, it is good to giue the sirruppe of wormewood and hony of roses, taking of it with a spoone, or drinke them with the water of betony, fenell, and wormewood, and if it so be the patient do desire to vomit it would be good for hym, or let him take halfe an ounce of Hiera simple, with two ounces of water of wormewood, & if the patient be strong enough, ad thereto ii. drams of Diafinicon. And after this ye must comfort the stomack with oyle of massik, spike, mint, wormewood, or Nardine, or with a playster called Cerotum Galeni, spread vpon leather, and after layd vpon the stomack, or make a bag of wormewood, mintes, and maioram dried, and lay it vpon the stomacke. In the morning take a losenge of Aromaticum rosarum, and a litle rinde of citron confit, and before euery meal, take a morsell of conserue of quinces.

### Remedy for the fluxe humorall called Diarthea.

**T**he said fluxe ought not to be restrained afoze the foureteenth



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teenth day, if nature be not very much enfeebled.

And sometime it cometh of hot causes, as of choler, and then one ought, to giue vnto the pacient to drinke afore his meate, sirrup of ribes, sirrup of roses, or sirrup of quinces, very smiths water, and in the steede of those sirrups yee may make a Iulep thus.

A iulep for the fluxe humorall.

**T**ake rose water, buglosse, and plantaine, euery one halfe a pound, of al the saunders two dram, and with a quartren and halfe of suger, make a iulep. In the morning two houres afore meate, it is good to giue the pacient olde conserue of roses, or a dram of trociskes of roses, after he hath drunke one of the sayd sirrups, or of iulep of roses with a little of smiths water, whereof the pacient ought to drinke at euery time when he is a thirst, if in the sayd flux there bee eger matter, & the strength of the pacient any thing constant, ye may minister the lanatorie that hereafter ensueth.

Take red roses, barly, plantaine, of euery one a hantfull, seeth them, and in the straining ad two ounces of oyle of Roses, one ounce of hony of roses, and the yolke of an egge, and giue it in manner of a glister. Sometime it is expedient to take a medicine by the mouth, and it is made as thus.

A medicine for the Flux.

Take the rindes of Mirabolan citrin Bacon one dram, rubarb a little dyed vpon a tile, halfe a dram, sirrup of quinces one ounce, water of plantayne three ounces, mingle all together, and let the pacient drinke them foure houres before meate, and then giue him a glister retentive made as thus.

A glister for the fluxe.

Take oyle of roses, or quinces, of mastik, of euery one three ounces, Bole armoniacke in powder two dram, meddle all together, and giue it as a glister.

An other.

Take the iuyce of plantaine, of poppy, of Bursa pastoris, and oyle of quinces, of euery one three ounces, mingle them together, and giue it for a glister. And if the bowells be excoiat, ye shall

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shall giue this peculiar remedy. Take halfe a pound of milke, the water wherein gaddes of Steele hath been quenched the iuyce of plantaine, and oyle of quinces of euery one two ounces. Bole armenie one dram, goats tallow one ounce, and make the in a glister, but without vpon the stomacke, yee must lay this oyntment that here followeth.

An oyntment for the fluxe.

Take oyles of Roses, quinces, and mirtils, of eche an ounce. Oile of Pistike, powder of corall, and Ruts of Cipres, of euery one a dramme, mingle all with wax, and make an oyntment. Here is to bee noted, that the glisters that are giuen for to stop a flux, must bee verie little in quantity.

Ye may heale the flux of Dissenteria with giuing things before declared for the flux humoral, & take before your repast two drams conserve of quinces or of marmelade of quinces. And hee ought to drinke water, wherein hath been quenched Wads of Steele, and ye must auoide diuersity of meates, and giue your selfe to ease, and to quiet and sleepe a great while.

And it is good to vse grewell, cleane barley, and almonde milke, with a lyttle Amidum, and set ventoses vpon the belly without cutting, which thing is also good in all fluxes of the body. If the saide flux humoral proceedeth of fleume, it shall appeare of the excrements that are watry and flegmatike, & then ye ought to giue three or foure moynings, sirrup of wormewood, or of minte, after purgation as is here following.

A purgation for the fluxe humoral.

Take two drams of Mirabolanes dried on a tile, halfe a scruple of Agarike in trosciske, halfe an ounce of sirruppe of mintes, or two ounces of water of balme, and make a potion that shall be receiued three or foure daies afore meat.

If yee will make a iulep, take water of mintes and of balme, and of euery one halfe a pound, suger a quartern, and make a iulep, of the which one may drinke euening and morning after meat euery time a draught. Querie morning it is good to take a losenge of the electuary that followeth.



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A noble electuary for the fluxe.

Take powder of Diagalanga a dram and an halfe, of red coral, and Mastike, of euery one a scruple, Trosciskes of Terra sigillata halfe a dram, the barkes of citrons, confit, and quinces, of euery one iii. drams, suger, dissolued in water of mintes, foure ounces, make an electuary.

Oyles of wormewood, minfe and of narde, and mastik, are very whole some to anoint withall the belly, and the stomacke for the saide fluxe.

And the thinges declared of the fluxe Lienteria, be very good in this case, taking euer after meate, a morsell of marmalade, redde wine is very good in this fluxe, to drinke at meate, with the water of a smith, and likewise all spices are good for the same purpose.

Medicines to restraine the fluxe, of what soeuer cause it be.

**T**Ake the peisill of an harte, and dry it into powder, & drinke it. The water of Oken buds, or the very acorns dried and made in powder, and drunke in red wine, is very good.

Item the maw of yong Leueret with the iuice of plantain, is exceeding profitable.

The x chapter of diseases of the matrice.

**F**irst against superfluous fluxe of the mother in the which ye must consider whether it do come of too great quantitie of blood, and then it is good for to open the vaine Saphena, and abstaine from all things that multiply the blood, as eggs, wine and flesh, or whether it come of choler, and then ye must receiue a little sirrup of roses, Pomgranates, or ribes with water of plantaine. Then purge the choler that giueth sharpenes to the blood, by r. drammes of Trifera seracenicæ, with two ounces of plantaine water, or the medicine of rubarb, written in the treatise of the fluxe humozall.

After purgation yee may giue euery morning a Rosenge of Triasandaly, or a dramme of trosciskes of roses, in powder, after drinke two ounces of plantaine water. And if such fluxe of the matrice happen of the watrines of blood, giue her to drinke  
foure

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four or five mornings, honye of roses, with a little water of wormwood, afterward purge her with a dram and an halfe of Agarike in trosciskes, and halfe an ounce of Trifera taracena, mixt with water of minte, and of wormwood.

Yee may know the causes of the said fluxe by annointing a thread or clout in the said bloud, for if it hath the colour of vermilon, it signifieth that the fluxe cometh of too much bloud. If it appeare a little yellow, it signifieth that the disease cometh of the subtiltie and sharpenes of the bloud overcome with choler: and if it hath a colour like the water in which newe flesh is washed, it betokeneth the bloud is much watry.

And after ye haue purged the principall cause of the disease, your seconde intencion shalbe, by and by to staunch the saide issue. Wherein also one thing is to be noted, that if nature be accustomed to auoid any superfluities, by continual course of the saide flux, it would perchance be incohenient for to stoppe it, wherfore if ye see no ieopardy, yee may restraine the sayd flux this wise.

Remedy for to stop the saide flux.

Take trosciskes of white amber, and make them in powder, and giue a dram euery morning, & anon after drinke an ounce, or two of water of plantaine.

Insteede of these trosciskes yee may make a powder of Sanguis draconis, Bole armeni, white amber, and red corall, drinke one dram thereof, with plantaine water as is afoze saide.

An other medicine to staunch the sayde flux.

Take two ounces of olde conserue roses, of the seede of plantayne, two drams, Sanguinis draconis, Bole armeni, of euerye one a dram and an halfe, white corall and red, one dram, make a confection with sirrup of merrills, and giue it to drinke, morning and euening two houres afoze meate, at euery time the quantity of a meane chesnut.

For the same.

Applye ventoses vnder the breastes, twice a day, befoze dinner and supper, and vse to beare about your necke or holde al-



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waies in your hand, red Cozall, Iaspis, or a stone called Hematites, which is a singuler remedie for to stoppe euery kynde of bloudie flues if it be boyne, or tempered in wine and drunke, or make therof a pouder and vse of it euery moorning with a litle wine.

For retaining of the flowers.

Sometimes there chaunceth vnto women when they cannot haue their due purgations, to fal in greuous kindes of sicknesses, for the auoydance wherof it is good & to help them provoke the said purgations by such thinges as open, which must be giuen at such time of the moone, as the saide women were wont to haue the same.

And if yee see the womans bloud to be too grosse and thicke, so that she cannot haue any such purgation, ye must euery moeth giue her the sirrup of sumetozie, with the decoction of borage and buglosse and let her bathe her selfe with fresh water hot.

And when she goeth out of the bath into the bed, she must receiue the fore saide sirrup and the decoction of the hea be called Rubea tinctorum or madder, sodden in cleare water. In steade of sirrups ye may take the berie iuice or decoction of the herbs.

And if the womans bloud be slimie, cold, & flegmatike, shee must drinke sirrup of Scicados and of Oximel Diuretike, and after ward take the pillles called fetide, and of Agarike. And euery moorning after that, shee must take a dram of trosciskes de mirrha with two ounces of the decoction of Juniper berries, or two drams of Drifera magna, and thereupon drinke two ounces of water of Bugwort.

And if perchance yee can not haue these things at hande, ye may take two ounces of the decoction of Alisaunders, the roote of smallage, cinamon, and a litle Saffron and leather. drinke therof ij. times a day, & eat no meat, the after during iij. hours.

Howeouer it is approued and experte medicine, to giue the first day of the newe moone a dram of pouder made of Bozar, which the Goldsmithes doe occupie, with as much Cinamon, and a litle water of smallage.

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Also it is very good to haue the baine opened, which is called Saphena, that lieth outward betweene the instep & the heele.

And if case so be that the said retention cōe of superfluitie, or to much aboundance of fat, then the chiefe remedie is to suffer much hunger, and to eate verie litle, much exercise and labour to prouoke sweate, and to sleepe as litle as may be possible.

But if it come of greate debility and weaknes of the body, when the natural strength is ouercome by reason of some sickness or after a long ague, in this case yee may not goe about to prouoke the said purgation, but with all your indouour seeke to restore nature & giue the patient thinges of much nourishment, as potched egges, good flesh and good wine with other like.

Sometime the said retention commeth of excessive heat of nature, in some women, speciall such as be valiant and strong as men, & those that are wont to much labour by reason whereof the heat of their bodies is so strong, that they neede none of the saide purgations, for the superfluities of their bodies, are sufficiently consumed of the heat alone, therefore they haue no neede of the said remedies.

For choking and suffocation of the matrice.

**T**he matrice or mother in a woman oftentimes mounteth towarde the middye and the stomacke with intollerable paines, and is called Suffocation, because that it is choked, or ouer charged with some euill and superfluous matter, as by stopping of the due purgations or to much obstinēce of Venus, whereby it often chaunceth shortnes of breath, paine of the head, frowning, trembling of the heart, contraction of members, and otherwhiles death without remedie.

A medicine for the said diseases.

**Y**e must rubbe the legges and wrestles of the armes vehemently, and bynde them with cordes, or with garters, till they ware soze, then set ventoses vpon the legs, and all to chase the stomacke specially beneath rounde about the nauell.

And



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And then ye must constrain her to smell stinking thinges, as *Asa fetida galganum*, partridge fethers bzent, and the quenching out of candels, with other such, but beneath you must applye thinges of sweete odour, as *Gilliflowers*, *maiozani*, *Lignum aloes*, *ambar*, *cluet* and a *tracisae* of *Gallia muscata*, and let her drinke a draught of this recite that followeth.

A drynke for paine of the Mother.

Take one draught of *Mithridatum*, and dissolue it in an ounce & halfe of water of *wozmwood*, & giue it to her to drinke, afoze shee goe to meat foure houres.

Diuers goodly medicines for diseases of the mother whatsoeuer be the cause.

Take the raising of *Iuory*, & the raising of an harts horne, with the haire of an hare, bzied and made in powder, and as much of goates clawes bzent and poundyd if they may bee gotten, or insteede of it sheepes clawes, take all these, and vse to eate them in your pottage or otherwise, to stop the fluxes of the matrice.

An other to prouoke them.

Seeth *Parigoldes*, nept and sauine in good ale, and drinke it with a good quantitie of *Saffron*, and a little hony or suger.

*Item* rb. black seedes of *Pionie*, dzunken in wine with *saffron*, purgeth the matrice of humours: and other rb. of the red seedes, stauncheth it againe, or any other fluxe of the mother.

Another

These hearbes are good to purge the matrice, *Kue*, *Pyony*, *sauiue*, *betony*, *nept*, *Valerian*, *maidenhaire*, *hozehound*, *sauery*, *persely*, *gromell*, *alysander*, *marigoldes*, *Smallage* and *time*.

The xi. Chapter of the cure of the stone in the reines, and in the bladder.

**P**aine of the stone is one of the most enormous paines that the body of man is vexed with, for by it many times the naturall vertues are destroyed, women loose their fruit afoze the time, cruell and perillous accidentes commonly doe increase, yea and oftentimes doth without remedy.

Wherefoze it shall bee expedient to the comfort of the poore folkes,

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folkes, and other that be greued, to write some good and hole  
some medicines for auoiding of the stone.

And seeing that all authours doe affirme the stone to be engendred by reason of the great heate that is about the reines, straitnes of the conduits, and abundance of grosse and stumpe humours, or of burnt choler, which by the said excesse of heate, is as one would say, baked or dreyed as clay is in the furnace, and so at last becommeth a harde stone, therfore it is chiefly to be noted that without amending of the foresayde causes, all that yee doo minister for to breake the stone is either hurtfull to the patient, or els of small effeate. For the which cause it very necessary that the patient keepe a sober diet.

And for the better vnderstanding yee shall know, that all wines (whether they be sweet or sharp, grosse or subtile, white or red are in this case vtterly reiected.

Pulses also of what kind soeuer they be, as Pease, beanes, and such, and all grosse fleshe, and water foules, and foules of great bodies, as Vultardes, Cranes, and such like, are in this case very dangerous and noisome.

Also yee may eate no kinde of fruits, except it be a few Melons, ripe prunes, in small quantity, and Pomgranades, with a little Sugar and Cozianders.

Of herbes ye may eate bozage, buglosse, percelly, Lettuce, mints spinage, and saccoie in broth of beale, or of a yong chicken. Pepps also and rapes and radish, in a smal quantity, may be well enough permitted.

Botched eggs are very good in this case, with a litle verince, but in any wise beware of harde cheese, for that is oftentimes the onely cause of the said stone. All shell fishes are to be auoyded except it be a creuise, or a shrimp, measurably taken.

We must also take heede that ye eate no pepper, nor hot spices, nor no meats that are salt, soure, or heauy of digestion, and that you lyenot on your backe at nightes, when yee are asleepe. And ye ought to keepe your reynes cold and moist, and to let your backe be vntreated in souner.

After ye haue vled this regiment or dyet by a certayne season,



## The Regiment

son, it shal bee good for you to take an ounce of Cassia newely drawen out of the cane, and eate it with a little suger in the morning.

This you must vse every seconde weeke, till in time your reins bee meetly well cleansed of the same, and every day eat a little Cassia, vpon a knifes point, to keepe your belly moyst, for that is one of the things that are most required in this cure.

And at diuers other times when ye be disposed, ye may take a litle of this receit hereafter, which hath great vertue to mundifie the reines, and to bzing the humours to equality, with releasing of the paine, and bzinging out the granel.

A goodly sirrup to mundifie the reines.

Take the broth of a young chicken sodden til the bones fall asunder, thzee pounce, Melon seedes a little bzused an ounce, parsely rootes, and alisander rootes thzee ounces, Damaske prunes, Sepesten, of eche five in number, great raisings halfe an ounce, cleane likozice ten drammes, waters of Bozage, erodiue, and hops, of eche thzee drams, and with sufficient whyte suger, boyle them al vnto the consumption of the half & moze, and afterward strayne them, and make a goodly sirrup.

This is a thing of excellent operation, and an high secret in mundaying of the reines if yee keepe the diet as is afore described. The dose of it is one Ciath oz a litle cupful in the morning early, and sleepe after it a litle. If yee woulde haue the foresaide sirrup to purge moze choler, then put in it a dramme of fine Reubarb, with a little cassia.

Hereafter followeth a pouder of excellent operation in breaking the stone.

**T**ake the kernils that are within foles, and dry them on a tile stone, then make of it a pouder by it selfe: after that take the rootes of Alisander, parsely, Varietory, and holihoock, of euery one a like much, and seeth them all in white wine or els in the broth of a young chicken, then strayne them out into a cleane vessell, and when yee drynke of it, as much of

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of the said powder as ye thinke conuenient, halfe a silver spoon full or more, for without doubt it hath greate effecte in bringing out the grauell.

An other expert medicine for them that haue the stone.

There groweth in the galles of some Dren, a certaine yellow stone, sometimes in bignesse of a Walnut, somewhat long and brickle. If ye take that stone and make of it a powder, and eate it in your potage, the weight of one scruple or more according to your strength, it is a singular medicine to them that cannot pisse for stopping of the condites.

An other singuler medicine for the stone.

Take the seede of smalage, percelly, lonage, and Saxifrage, the rootes of Phillippendula, cherystones, growill seede, and broome seede, of euery one a like much, make them in fine powder, and when ye be diseased with the stone, eate of this powder a spoonfull at once in potage, or in broth of a chicken, and eate nothing after two or three houres.

The xii. Chapter of remedies for the Goute.

**T**he paine in the iointes of a mans body, as in the handes and feete is generally called Arthritis, or goutte, which proceedeth sometime of debilitie of the sinewes being lash and vnable to consume the humours, that continually doe flow vnto them.

And for the most part they are all deriued from the member Mandane, that is to say, the braine, for hee is very grosse, & engendreth euer humours in himself, by reason whereof, much of the said humours are deriued into the nuke and muskels of the backe, and fro thence they descende into the feete, and then it is called Podagra, or to the huckle bone, and then it is Sciatica, or els into the handes, and there it is called Chiragra.

Remdie.

Forasmuch as all the saide kindes commeth of one beginning, as is shewed afoze, and for the better expedition in that we will be blessed, ye shal first take away the superfluous moisture of the braine, which is the roote and fountaine of all the



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said diseases, and that ye may do foure manner of waies. The first is obseruance of diet inclinyng toward drynesse, and to auoide all fulnes of meate and drinke, and not to sleepe in any wise shortly after meate. And yee must beware that ye eate no vaporous meates nor thin wine, nor drinke much after supper, and if the paine bee very sharp, it shal be much holosome to the patient, to abstaine from all kindes of wine, and to vse himselfe to small drinke, which thing if he cannot doe, then let him drinke claret wine mixed with a good quantitie of water.

The second is to purge the braine once a month, with the one halfe of pilles of Cochies, and an other halfe of pilles Allagareth. And in time of hartnest, and of sommer, with pilles Sine quibus, and pilles imperiall, whereof ye shall giue one dram the night befoze the full moone, & the day following yee may giue him to eate a litle broth of Cicers, with a litle quantity of raysons of the sunne.

The thirde is to repress the fumes that ascende into the braine after meate, which thinge may well be done by eating of a litle dyedg, made of Anise seeds and Coziander.

The fourth is to perfume the braine with certain things confortatiue, as for example thus.

A good perfume against moistures of the braine.

Take fine Frankensence, Sandrake, and Pastike, of euery one an ounce, of Lignum aloes a dramme, make them all in grosse powder and perfume therewith soups made of flax or of cotton and lay upon the head.

And when ye haue by this means well and duely comforted the braine, and defended of the originall cause of the sayde disease, ye shal procede to take away the matter conioint, that is descended vnto the sinowes, and ye shall begin thus.

First ye must preserue the body from engendring of humours in taking euery morning next your hart a conserue made of aloes, & of flowers of rosemary, mingled with a litle Rutmig & mastik, & if ye be of power, ye may drinke a good draught of Hippocras or other spiced drinke, after meate, at dinner, & at supper.

Secon-

## Of Life.

Secondarily, ye shall vnderstand, that whosoever dooth intend to be holpen of the gout, he must every yeare two times, preparing first the matter to digestion with sirrup of Sicados, and Duabus Radicibus, with the one halfe of waters of Sage, Primroses and Marjorum, in manner of a spiced iulap with Cinamon, taken five continuall morninges two houres afore you eat any meate. And after that, ye must receiue a dram of pilles called Arthreukes, or Herniodactiles, or of both together equal portions. Or take halfe an ounce of Diacartami two houres after night, and of Diaturbith, of euery one two drams, with a litle sirrup of Isop.

The rest of the sayd curation shalbe accomplished with the applying of diuers locall remedies, whereof there bee sundrye kindes of sortes heere declared.

Ye ought to rubbe the place that is sore, with oile of roses and a litle vineger, and after sprinkle vpon the same fine powder of Mirtils, which is another plaister also as hereafter followeth.

A plaister for the gout.

Take of the emplaister called Delilot two ounces, Popule, on an ounce and an halfe, red roses, Mirtils, and flowers of camomill, of euery one a dram, make a plaister and lay vpon the gouty toyn.

An other.

Take the iuyce of colewortes and of wallwoort, and with bean flower, and powder of red roses, and the flowers of camomill, make a plaister and lay it to the sore.

An other.

Take oyle of roses, crummes of bread, yolkes of egges, and colwes milke, with a litle saffron seeth them together a litle as ye would make a pudding, afterward spred the vpon clouts and lay vpon the sore.

An other.

Take Lie of the ashes of rosemarg, or of oke, or of beane stalkes, and boyle in it Sage, moleine, primrose camomil and Delilote, and receiue the same vpon the sore place, or wet clouts in the said decoction, pres the and lay them vpon y pain.



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And the saide rentebies are very good to swage the pain of the gout, after the which done, it is necessary to goe about the comfortyng of ioyntes and sinowes, and to that intent yee may apply the greace of pyes, oyle of camomill, and of Althea or Polihocke, oyle of a fore, oyle of earth wacomes, oyle of primroses, turpentine, oyle of gromell bzaib, where withall, or with one or two of them yee maye annoint the sore place, and comfort both the sinowes and the iointes maruelously. Also this ointment that followeth is singuler good for the same purpose.

Take five or sixe handfule of Mal woozt, and seeth the well in wine, then straine them, and with a little wax, oyle of spike, and aquanite, make an ointment where with ye must anoynte the place morning and euening euery day.

### An other remedie for the gout.

Take a fat goose and plucke her, and trimme her as if shee shold be eatte, then stuff the belly within with two or three pong Cattes, well chapped in small gobbets, with an handfull of bay salte, then sowe her vp againe, and let her roste at a small fire and keepe the dripping for a pzeious ointment against al kinds of gortes, and other diseases of the iointes.

Medicines for the gout appropriate in all cases.

Take Cowes dounge, and seeth it in sweet milke, and lay a plaister to the goute hot.

Also the yalkes of Egges, womans milke, Lineseede, and Saffron altogether in a plaister, swageth the diseases of the Goute.

And if ye be disposed to breake the skinne and to let the humours issue (as by such many one is eased) ye shal make a litle plaister of blacke Sope, and Aquanite, which will blister it without any great paine.

Also very olde harde cheese cut and sodden in the broth of a gammon of Bacon, and after ward stamped with a litle of the broth, and made in manner of a plaister, is a singuler remedy for diseases of the goute, and was first practised of Galen the prince of all Physicians.

## Of Life.

A praier to God for helpe, against the perturbations  
of the minde.

**O** Lord my God almightie, Father and ruler of my life, my  
helth, my strength, my redeemer and protectour, send vnto  
me þy beaueſly beames of thy holy ſpirit, to illuminate the dark-  
nes of my ſinful heart and to guide me to thy holy place. And he w  
me the light of thine abondant mercy (O Lord) that I may  
no longer ſleep in deadly ſinne. O onely father of Light which  
in very deepe doork lighten euery man that cometh into thy  
world, for thy great mercies ſake it may pleaſe thee to lighten  
the eyes of my heart and to endue mee with the ſpirite of grace,  
that I may look vpon mine owne ſin, the great offences wher-  
with I haue offended thee, and to know that in my ſelfe there  
is no manner ſtrength, for to withſtand the death, but onely  
through thee.

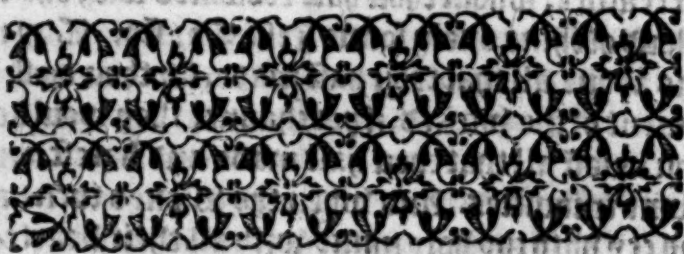
And I beſeech thee, O Lord, to couer theſe my carnall eyes  
that they ſee no vanitie, and giue me thy grace, that I fall not  
into concupiſcence, to the ende I may eſchew all euill thinges  
and giue my mind wholly to the obſeruation of thy commaunde-  
ments. O Lord God I beſeech thee, that ſin may not raigne nor  
tary in mee, and that I be not ſubiect to mine owne fleſhly ap-  
petits, but that I may expell out of my thoughts all vnlawfull  
luſts, ſo that my ſoule and al my minde may be ſet wholly vpon  
thee. Lord God ſuffer not my ſoule to bee oppreſſed, but receiue  
me into the protection of thy holy hand, and diſpoſe not me thy  
ſimple creature, whom thou haſt redeemed with the moſt pre-  
cious blood of thine onely ſonne Jeſu Chriſte. Thy mercy O  
Lorde is aboue all that thou haſt made, for thou doſt defer the  
punishment of the wicked, if perchaunce they would amend at  
laſt, thou loueſt all that thou haſt made and hateſt none but for  
their owne iniquities. And when the wicked turne againe to  
thee, and cry vnto thy holy name with all their heartes, by and  
by thy mercy is ready to receiue them euen as I moſt detesta-  
ble ſinner come with heart contrite vnto thy mercy this day:  
that I may obtaine remiſſion of my finnes. To thee I cry out  
of



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of the very depth and botome of mine hart, goe not away from mee my maker and redeemer, but heare the supplication of my pzaier. For thou art mine onely hope and mine enheritance in the land of liuers. I haue sinned, I haue sinned (O Lord) and heaped by iniquitie, euen against heauen, and afoze thee. But I knowledge mine offences, and desire mercy according to thy goodnesse. Destroy me not (O Lord) among sinners, nor let mee descende into the lake of death, that I vnworthy creature being made worthy onely by the beuteousnes of thy grace, may from hencefoorth liue in thy commaundements, loue, honour, and praise thee. For all heauenly powers, Angels, Archones, and dominions, laude and praise thy holy name world without end.  
Amen.

## The ende of the Regiment of Life.



Heere beginneth a godly brief treatise of the pestilence, with the causes, signes, and cures of the same: composed and lately recognised by Thomas Phayre, studious in philosophy and Physicke, to the ayde, comfort: and visitation of the poore.

**C** To the good Reader a Preface of the authur.



After that God almightie father and creator of all thinges, had by his vnsearchable providence ordained mankind to eternall felicitie and ioy at the beginning, hee thought it not inough to haue created him of nothing, a body most excellent, perfect, & pure both in members and senses, aboue all other his creatures here in earth, but also of his enestimable goodnes, endued him with diuers and sundrie giftes of grace, as wit, vnderstanding, minde and reason whereby he might not onely (as neere as is possible) approach vnto him in the knowledge of his beauly maieste (as concerning soule) but as well imagine, search and finde out, by all manner waies, aydes, comforts and remedies, whereby also the body might be saved and defended, against all assaults of any thing that shoulde annoy it: so bounteous and plentiful are his giftes implanted in our nature, that of all creatures we might haue bene the happiest. But after that sinne had entred into the world, and by sin death (as Saint Paule saith) our corrupt luinges haue made vs more corrupt, so that nowe the life which we leade here, is not onely verie pleasant vnto the most of men, and if it be to some, yet it is vncertaine, mutable and shor, but to many other, it is exceeding greivous, sorrowfull and tedious, subiecte to diseases, infernall, and calamities innumerable, which for the most part do encrease dayly, ouer the iust vengeance of God falling vpon vs for our greates abominations, and without doubt will enermore endure, vnles we do repent and liue in his commaundements. And to passe ouer al the whole swarms of so many, both old and new diseases,

L

Wherewith



## The Preface.

wherewith the body of man (alas for our sinnes) is continually torment-  
 ed and vexed, to speake nothing of these common and familiar infirmi-  
 ties, as Lepries, Agues, Cankers, Poxes, Goutes, Palsies,  
 Dropsies, reums, Pthisiques, other out of number, which as  
 if they had conspired to fighte against Phisitions, can scantly be ap-  
 peased with any cure of medicine, what paine or punishment can there  
 be imagined to put vs in remembrance of our own wickednes, cause  
 vs to detest our abominable linings, and to call for mercy with la-  
 mentable hearts more then this onely plague & scourge of God commā-  
 lie called the pestilence? Is there any sicknes that is halfe so violent, so  
 furious and so horrible, as this sicknesse is? What disease is there in the  
 world so venomous in infecting, so full of paine in suffering, so hastie in  
 denouring, and so difficulte in curing, as the plague is? And yet are we  
 now a daies so stubberne and so froward, or els so drowned in the myre  
 of filthy and carnall appetites, that we nothing do regard these open and  
 manifest tokens of our condemnation in the sight of God, but apply our  
 whole studies to persue in our sinnes euer worse and worse: wherfore  
 it is no maruell though the said disease encrease, but rather to be fea-  
 red, that almighty God will poure his indignation vpon vs with some  
 other kind of plague more violent and terrible then the same is. But to  
 them that doe repent, and put their onely trust in him, who can do but  
 wonder at his infinite benigntie and goodnes, that euen in the mid-  
 dest of al the said afflictions, provided the of remedies, least they should  
 dispaire: cureth and amendeth, all their grievous sores, languours  
 and diseases: he created medicine euen out of the earth, and of the wise  
 man it shal not be dispised. And surely amongst al other sicknesses, is there  
 none so dangerous as is the foresaid plague, for any man to cure by the  
 way of medicine: for it turneth it selfe in so many manner of kinds,  
 likenesses and fashions, that they that are infected, are many times dead  
 afore it can be knowne that they haue the same disease, which thinge  
 although many noble and most excellent learned men haue in times  
 past warshily considered, & therupon according to their singuler know-  
 ledge and industrie given to them of God, haue written vpon the cau-  
 ses, signes and cures of the said disease, so exactly, so learnedly, and with  
 so great eloquence, and cunning, that there seemeth nothing either to  
 be omitted, or possible to be added, to the perfect curation of the same:

and

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and so it would be hard for a man of my slender wit, to inuent the thing that they haue not inuented, muche more in vaine shoulde I goe about to write the same things that they haue written already: yet notwithstanding, for as muche as this disease when it once beginneth, infecteth none so much as the common people, among whome it is not giuen to all men, to vnderstande the foresaide volumes, if they had them present: much lesse can they get their health by their owne imaginati- ons or experiments, specially when almost no phisition will vouchsafe to visite any such infected of the common sorte (so great is the danger of this cruell sicknes) by reason wherof, the patients cast themselves of- tentimes into despaire, and so many of the poore people, creatures of god, which by good medicines might well enough recouer, for lacke of such knowledge are utterly destroyed and cast away to the great pittie of all christian heartes, continuall ruine of the common wealsh, with diuers other greuous and huge incommodities as is dayly scene where the said disease raigneth.

I therefore at the reuerence of almighty God, and for the loue that I beare vnto mine euen christen, according to the talent wherewith the Lord hath indued me, vnder the correction of my friends the phisitions, haue taken out of diuers and sundry volumes, of the moste famous au- thours, that haue most exactly written of the said disease, one peculiar, certain and compendious treatise, adding therunto such wholesome and singular remedies, as I my selfe haue prooued, and know to be effec- tuall, in curing of the same. Desiring God almighty, be onely author and restorer of al health, so to guide the hearts of his suppliants, that the said medicines may take effect in them, according to his giftes:

and as for my labour, I do nothing desire, but the loue

and fauour of the gentle readers, whome

I pray God continually to in-

crease in all goodnes.

(\* \* \*)

**L**

**Who**



*What is ment or signified by this  
worde Pestilence.*



Pestilence is none other thing but a venemous infection of the ayre, enemye to the vitall Spirites, by a certaine malicious and euill property, (and not of any quality elementall, that is within it selfe.) For euen as pure triacle is a comforter of life, not because of heate, colde, moistnes, or drynesse: but for as much as out of all his composition here, treboundeth a certaine forme, agreeing to the forme of the vitall spiritess of our bodies, so is the foresaide vapour enemye to our natures, not for any qualitie, as is said before, but for that his proportion is direct euen contrary to our vitall spirits, consisting in the hart: which vitall spiritess, if by the will of God, and ordinary diet, be stronger in the patient then the foresaide vapour is, they drive from the body, and will not be infected. And if it happen that the foresaide spiritess be weaker then the venome, or the body full of humours apt to putrefaction, then it doth incontinent assault the lively members: & except remedy, bring the body quickly to destruction. But when we do say the vapour to be venemous, we meane not that it is a poyson of it selfe indeed, for then should euery creature bee indifferently infected, and none should escape that draweth in breath: but I call it venemous for that it is of such a naughty quality, that it may be lightly conuerted into venom, that is to say, apt to burning and corrosion, as do Mercury sublimed, quicke lime or rattesbane, or other such like kindes of venomes. Thus ye may perceiue that all the great danger that is in this disease, commeth of the naughtines of humours, which are made apt to receiue the said vapours, and not by violence of the infected ayre onely.

Of the foure rootes, or causes principall of the sayd disease, whereof it dooth arise and growe, and why it raig-  
neth more in one time then at an other.

**T**he first roote superiour and cause of the pestilence is the  
will

## Of the pestilence.

wil of God rightfully punishing wicked men, of which roote the holy scripture treateth in many places, as in Deut. the xxviii. chapter, if thou wilt heare the voice of thy Lord God and work and fulfill all his commaundements, the which I commaund to thee this day, thy God shall make thee moze excellent then all the people that be vpon the earth. &c.

And in diuers other places, he giueth many blessings to the that keepe his lawes.

And likewise to the people rebelling and breaking his commaundementes he threatneth many curses, as where he sayth:

If thou wilt not heare the voyce of thy Lord God, to keepe and worke all his commaundements, which I commaund thee this day, there shal come vpon thee these curses, and catch thee. Thou shalt be cursed in the cittie and in the fielde, thy barne shall be cursed, thy liuing shall be cursed, the fruit of thy womb shall be cursed, the fruit of thy ground shall be cursed, the heardes of thy sheepe and cattell, shall be cursed, thou shalt be cursed at thy comming in, and cursed at thy going out. Also a little after he sayth: the Lord shall ioine to thee the pestilence, till he hath consumed thee out of the earth, to the whiche thou shalt goe to take possession. The Lord shall strike thee with pouerty, fevers and colde, burning and heat, and with a corrupt ayre. &c.

Also in an other place. The Lord shall strike thee with the pestilence of Egypt, and the part of thy body, by the which thou auoydest thy doung with a scab and ysch, and shalt not be able to be cured thereof, and let the heauen that is ouer thee, bee as hard as brasse by cruell constellations, and the earth on which thou doost tread, be like iron that ever wasteth, and wareth worse and worse.

There be many maledictions which our Lord hath threatened the rebellious people withall, expressed in many places of holy scripture: but these may be sufficient as touching our intent, to shewe that many times the cause of this disease is the vengeance of almighty God, rightfully punishing men for their offences.



## A treatise

The second roote of the pestilence which dooth depend  
of the heavenly constellations.

**N**ow that we haue spoken of the first roote superiour, of the  
which this disease proceedeth, it is also convenient, tht we  
declare somewhat of the second roote or cause superiour, that is  
to wit, of naturall influences of the bodies aboue.

And ye shal vnderstand, that according to the saying of Mar-  
tilius Ficinus (a man of excellent knowledge and no lesse lear-  
ning) in his booke *De triplici vita*, & in an other which he writ-  
teth also of the pestilence: that among all other heavenly bo-  
dies, there be two bodies called euill and malicious, that is  
Saturne and Mars, which oftentimes by their vnholosome influ-  
ences are cause of manifold infirmities, specially of the pesti-  
lence. Saturne through colde, and Mars by excessse of heat.  
Saturne through colde, is the cause of reumes, of the leproy cal-  
led Elephancia, and all diseases comming of cold matter. Mars  
by reason of his heate, bringeth forth feuers pestilentiall, spit-  
ting of blood, water vnder the midriffe, and the pleure-  
sy, the which is a disease ingendred like an apostume of chole-  
rike matter in a thicke panicle, or lime vnderneath the ribs.  
A prouident Whiſtion among many other thinges, ought to  
consider the entring of the sunne into Aries, by true equation  
of the houses and planetes, for that influence hath more  
domination then haue all the other influences of the whole  
yeere beside, except the superior coniunctions of the planets,  
or els some great eclipse. And this entring of the sunn into A-  
ries, passeth all the entrings of the sunne into any other signe.  
Therefore you must consider howe that Lord of the first house  
in the figure is disposed, for he is Lord of sickness, that is to say,  
you must consider whether he be impedit or no, and if he be im-  
pedit, there shall be many sicknesses, according to his nature  
and his house, that is the first house, as by example thus. But in  
case that Saturne be Lord of the first house, and some earthie  
signe is in the first house, then most commonly the sickness  
of that yeere, shall be of like nature, that is colde and dry. And  
ouer

## Of the Pestilence.

ouer this thou must consider, whether that the Lord of the first house hath any aspect with the lord of the house of death or the lord of the house of death to him, then most commonly the end of those sicknesses that are colde and dry shal be death.

And likewise, as it is declared of the entring of the Sunne into Aries, so it must be saide of the coniunctions of the Sunne and Moone, thzough all the yeere, marking euer the nature of the planet beeing in the first house, if there be any, and the aspects to these two houses aforesaid &c.

Also hee must consider, whether this entring of the sunne into Aries, or any of the coniunctions of the Luminaries, be in the eight house or no, for then it should be much worse.

And note, that if the eclipse of the sunne or moone, be in any of the angles of the nativity of any person, or in any of the angles of the reuolution of his nativity, the he shall suffer sickness according to the nature of the same angels.

And if the saide eclips be in the middest of heauen, hee shall suffer hurte in his honour and fame: and if it be in the ascendent: hee shall be greued in his bodie, and so forth of other houses, but it shal be the worse, in case the eclipse be in the ascendent, specially if it be the eclipse of the sunne, for that is the more dangerous of the two, for as much as the effects of the eclipses of the moone, is alwaies finished in the space of one yeare at the most, sometime in less, and for the most parte in three monethes.

But the effect of the eclipses of the sunne, is very long, or it come to passe, sometimes twelue yeeres, as witnesseth Ptolomie in his Comologicon.

The Astrologians take the iudgement of the yeere, by the entring of the sunne into Aries, in the first minute, and if it then happen that all the ill planets be in the eight house, which is the house of death, that yeere they say shall rise a pestilence & diuers other sicknesses, according to the nature and condition of those planets.

And if the Moone in the same entring be nere vnto the coniunction of the sun, as sometime happeneth, within two or three



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that of foure degrees, that yere shall bee a death & pestilence vniuersall, and that shortly after that coniunction, specially at the coniunging of the more and the euil planets to infortunes, and as the infortunes be, the effectes shall so appeare, be they more or lesse.

Furthermore, ye must consider the great coniunction of the two higher planets as was the coniunction of Saturne and Iupiter, the yere of our Lord 1525. in the last day of August, and the thirteenth degree of Scorpio: which coniunction chaunged from an ayre triplicitie to a watry, and it was in a watry signe, whereof there chaunced very much raine, and thereupon followed the excessive humedation or moistning of mans body, which by and by turned to putrefaction, and thereupon ensued perillous and corrupt feuers, pestilences and agues, specially because in the coniunction, Saturne was exalted in the north aboue Iupiter, which Saturne is of ill influence.

The third roote or cause of this outrageous sicknesse;

**T**he third roote or cause beeing inferiour, is the stinck and filthie sanours that corrupte that ayre, which we line in, for we cannot line without drawing of the breath, and we haue none other breath but of the ayre round about vs, which if it bee stincking, venemous and corrupt, and we by necessitie drawe the same into vs, immediatly corrupteth and infecteth the heart, and the liuely spirits of the same, and after that inuadeth al the other members of the body to infecte them in like wise, by reason whereof is engendred a corrupt and venemous feuer of pestilence, very contagious to all that are about them, for the venemous aire it selfe, is not halfe so bohemient to feel, as is in the conuersation or breath of them that are infected already, and that by reason of the agreeing of the natures, which is the very cause why our bodies bee infected by contagion of men, more then any other beastes.

The fourth roote or cause of the said disease;

**T**he fourth roote is, the abuse of thinges not naturally that

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is to wit, of meat, and drinke, of sleepe and watching, of labour and ease, of fulnes and emptines, of the passions of the minde, and of the immoderat vse and lecherie, for the excesse of al these things be almost the chiefe occasion of al such diseases as reigne among vs now a daies. For all that our meat and drinke is not digested, turneth anone to putrifaction, and to euill qualities.

And too much sleepe replenisheth the body with to greate aboundance of humours, but ouermuch watching both doo by the naturall humidities.

And as watching doth, so doth immoderate labour, and as sleepe doth, so dooth rest and ease out of measure, put the body in greate distemper, and maketh it apt vnto this sicknesse, as is dayly seene.

And who so will be ruled as becommeth him in this case, shall neuer be lightly infected, and if chaunce he be, he shall easily with a little helpe: yea sometime by very nature only, saue himselfe and overcome the sicknes.

Now seeing that the causes of this said disease be so great as is afoze rehearsed, it is not to be wondred, though the thinge it self be very huge and dangerous, and of hard curation: wherefore saith Auicenna in his first of Metaphisikes (although he were no christian:) wee muste with good and vertuous lyuing mitigate the wrath of God, & by continual praiers keepe our selues still in the state of grace.

Wherefore would I counsell every christian man, that is in doubt of this disease, to cure first the feuer pestilenciall of hys soule, calling for that wholesome water, the well of life wherof it is written. Omnes sitientes venite ad aquas &c. Which water he onely giueth, that said to hys disciples.

Qui biberit ex aqua quam ego dabo, illi erunt in ventre eius aque viue salientes in vitam eternam. And this done, vndoubtedly the sicknesse of the body shalbe the easier to be cured.

And for because the other soueraine remedy preseruatiue is to flye the corrupt ayre according to the proverbe. Longe cito, tarde. Fly betimes, fly far, and come slowly againe.



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Yet for so much as euery man can not, nor of abilitie so for to do, it is good for them to look vpon this litle regiment, wher in with the aide of almighty God the high Physition, if the venome be not too outragious, he shall finde how to preserve himselfe well inough from it.

And for the better knowledge and vnderstanding of this treatise, ye shall know that it is deuided into two partes.

The first is, of the maner to preserve a man from the pestilence onely by dyet, in such things without the which, one cannot be long alieue in healthe.

The second treateth of the cure of the sayde disease by the way of wholsome medicine.

The first part is distributed into seuen litle Chapters.

The first chapter treateth of the election of the ayre.

The second of meates and drinckes.

The third treateth of sleeping and of waking.

The fourth treateth of exercise.

The fifth of emptines and fulnes.

The sixt speaketh of the accidens of the minde.

The seuenth of medicines preparatiue.

The second part is deuided into fixe Chapters.

The first how to know when a man is infected.

The second of the cure of the pestilence by the way of dyet.

The third of the cure of the pestilence by the power of medicines.

The fourth of cure thereof by letting of blood, ventoses, and purgations.

The fifth of the cure of the same, by outward applications.

The sixt how to cure the botch called a Carbuncle, or Anthrax.

The first Chapter of the first part, treating of the election of the ayre.

**A**lthough the disposition of the ayre colde and drye, or els moderately moist, be much commendable in the time of pestilence, yet there must be moderation in

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in the same, as well as in the five things not naturall heretofore declared. For ye must haue a good respect vnto the complexion, the age, the custome of living, the region, the composition of the body, strength, sicknesse, time, and many other things. For some require an ayre more hot, then other some doe, and likewise in other things, the which I do remitte vnto the good discretion of euery well learned man, and to such other as haue any knowledge of naturall things.

For the more surety, it is good for them that may, to dwell in high or hilly grounds, hauing in the morning when the sun is vp, a window open towarde the East, and when the sunne goeth downe, an other window open towarde the West, and close vp all the windows on the South side, for that winde is very ill in time of Pestilence.

Also it is good to rectifie the ayre within the house, if it be in sommer by sprinkling in the Chamber vineger, and water of roses: if it be winter, or cold, make a lustie fire of cleane wood, and put in it incence, Pirre, Laurel tree, or Juniper, or cyprus, and in time temperate, mingle the hot things with the cold as foresaid.

Which sprinklings and burninges, ye may make at all times when ye will but specially in the morning, to correct the vapours of the night.

I read in Plotino, that the Egyptians were wont to fume their houses and their bodies in the day with turpentine or rosin, and in the night with mirre cast vpon the coales, & so resisteth all venemous ayres and contagions.

The first hath so greate vertue against the pestilence, that we read how Hipocrates preserved the whole country and City of Athen, by making of great fires in the streetes, and all about the towne by night, and so deliuered them from the certayne death, that shoulde haue come among them.

For which cause the Cittizens of the said towne, made vnto him an Image all of golde, and honoured him alius as if it had bin a God.

And it is good in hot time, to strew the chamber ful of willow



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leaves and other fresh boughes, which must bee gathered after the sunne setting, and lay about your bed and windowes, vine leaves, quinces, pomgranades, ozenges, lemons, citrons, and such other fruites that are odoriferous: as roses, flowers of pēnuphar, violets, and other like. And in colde times, take sage, laurell, minte, woyme wood, nept, batonie, rue, and galingale, which things ye may sometime carry about with you in a cloth, to take the aire of them.

And in time of heate, temper a sponge or a clout in water of roses, and vineger. And in time of colde ye may ad to it a lytle Cinamon, and thus he that is disposed to haue precious sauors as Pomanders, or other such, may compose them according to the necessity, and as the complexion of his bodye shall require. Alway taking heede, that women which are with childe, and they that haue the suffocation of the mother, or els caters, take no such odours, as shall put themselves to any danger, or displeasure.

In a colde time it is good to holde in the mouth Zedoary, enula campana, cinamon, cloues, the rinde of a citron, Lignum aloes or any one of them. But if the season of the yeere bee hot, then take cozianders prepared, graynes of paradise, saunders, seeds of ozenges, or of lemons. And in temperate weather, mingle the one with the other. But it is good in all times, to beare about you precious stones, (if ye haue them) specialllye a Jacinct a Rubie, a garnet, an Emralde, or a Saphire, whiche hath a speciall vertue agaynst the pestilence, and they be the stronger, if they bee bozne vpon your naked skin chiefly vpon the fourth finger of the left hande, for that hath great affinity with the hart aboue other members.

And as touching them that are continually among the sick of this disease, they must take heede in any wise, to keep them from their breath, and that they do not stand betwē them and the fire, nor receiue the odour of their sweats, vyines, vomytes, and other excrements of the body, nor to eate and drinke with them, nor in their vessels, nor to lye in their couches, nor wear any of their apparell, except they be wel sunned, or withered in  
the

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the cleane ayre.

It is also good to flie from al places that be corrupt, or stinking, and to keepe the streets and houses very sweet and clean. And the rulers ought so to provide, that no filthy donge, nor any dead carions be cast into the streets, for that shoulde soze infecte the ayre, and bying many men to death. And during all the time of this disease, there ought to be no hot houses used, but forbidden and locked vp, till such time they see no further danger.

The second Chapter, of eating and drinking.

**T**he meates ought to bee of very light digestion, more in sommer then in winter, hauing alway an eye vnto the complexion, customes, and other thinges aforesaide. The houre what time yee shall receiue your meat, is when your appetite commeth vpon you, after the first digestion made. Great repletion ought to bee abhoyred, but a sufficient meale is very wholesome. Neither in diuersitie of meats allowed of any Physicke, but if yee will haue diuers sortes, then begin with them that are the lightest to digest, and that best nourisheth the bodye.

Your bred must be of pure corne, kept in good ayre, and not fustie, metely well salted with sufficient leuen, and baked in a place where no euill ayre is, and it must bee of a day or twoo dayes olde, or there about.

Wheate is best amonge all other cornes, euen as wine among all other licours, although the barley bread bee good for them that minde to keepe them leane. Meates of euill taste, after they be long dead, and stinking fishe in like manner, and the fattes of all fishes, and meats that haue bin twice sodden, thicke wine and troubleous, or other wise corrupt waters of marishes and blacke grounds, and such corrupt meates and drinks, bee very perilous. But good wine, sauoury and cleare and good meates taken with an appetite, are cause of health, and preservation from the pestilence. Vineger is a noble thing in time of pestilence, if yee haue none other impediment to let you to receiue it, and yee may correcte it according to the nature of the



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cause, in such wise, as may be comfortable to the vitall spirites of the hart.

Bozage and Buglosse, are very good p̄seruatines in this case, and so is a little quantity of saffron, ozenges, lemmons, pomgranades, Citrons, p̄unes of damaske, and other suche in good quantity, adding to them a little suger, and cinamon for cozection.

A nut is called the triacle of fish, shaled and suger, with a little rosewater : and as saith Isaac, a nutte and a fig dy taken a fore dinner, p̄serueth a man from all manner of poysons.

The third chapter of sleeping and watching.

**T**oo much sleepe engendreth many humours in the bodye, specially if it be in the day time, and it dulleth the memory, and maketh a man vnlustye, & apt to receiue the pestilence.

Wherefore created almighty God the night, wherein wee should rest, and the day for to keepe vs waking, that we fall not into sinne and sloth. Surely to sleepe on the day time is exceeding hurtfull, for when the sunne riseth hee openeth the pores of the body, and bringeth the humours and spirites from within, to the outward parties, which prouoketh a man to watching and exercise of woꝝkes.

And contrariwise when the sunne goeth downe, all thinges are closed & coated, which naturally prouoketh a man to rest.

Moreover the stomacke by the vehement heat of the day, is naturally dilated and spread abroad: so euer against night, by reason of the auoydance of the spirites it wareth somewhat feeble : and when the night cometh, requireth to haue quiet, whereby it may acquire more plentye of spirits for the nourishing of it selfe.

And therefore whosoever waketh in the time of sleepe, or sleepe when he ought to wake, hee peruerteth and hurteth not onely his memory, and all his other vertues of the minde, but also many times shal engender apostumes, carters, reums, agues, palsies and many other greuous and naughtie diseases in the bodye.

Also yee must take heede that you watch not too much, for thereof

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thereof commeth dyssynesse of the brayne, and many other sicknesses that melancholy breedeth.

But hee that is vsed to sleepe very much and cannot abstaine in any wise, let him sleepe in a chayre, or els sitting in a place that is colde, but not lying, if he loue his health.

The fourth chapter of exercise.

**M**oderate exercise or labour is very necessary to the preserving of health, according to euery mans age, custome, and such other, so it be doone in the morning, and at euen, before any meat, and in a place of good aire, and not infected with corruption.

Auicenn sayth, that hee onely ought to abstaine from labour, that nothing regardeth the health of his bodie.

And Galen sayth that exercise quickneth the vertues naturall, animall, and vitall.

And Rasis telleth of a great pestilence wherein there were very few saued, because they liued idely, and would doe no labour.

Finally default of good exercise is oftentimes the cause that many dye sodainly, afore they feeles themselves sick.

The fift chapter of emprines and fulnes.

**I**t is hole some for you, euery day once to procure the dutye of the womb, if ye can not naturally, yet at the least waies seek some other means, as by a glister or suppositoary, for y long with holding of any superfluities, is in this time very dangerous & hurtfull. And all the time the saide disease endureth, they that haue any fistules, ought not to be cured.

And they that haue issues by their Hemoroides, may not be restrayned without the flux be soze excessive, & they that had the foresayd Hemoroides and were cured afore, let them open them again for feare of further daunger.

Also they that are disposed to be scabby, hauing great itch, and such diseases of the skin, ought to bring the matter out by rubbing, and vehement clawing with their nayles.

Excesse of women, is exceeding perillous, but if ye cannot rule your selfe take good heerde, yee doo nothing afore the first digestion,



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tion, and till nature dooth prouoke you, for euery such excesse weakeneth more the body, then if ye should be let bloud fortie times so much, as witneseth Auicenna, and is cause many times of pestilence, and of death.

The sixt Chapter of accidentes of the minde.

**Y**e must be ware of all thinges that should make you to be pensiu, heauie, thoughtfull, angry or melancholike, for al such thinges are enough to infect a man alone.

Pass the time ioyfully in good thinges, honest and decent, and euery man according to his owne hart, and the estate that God hath called him vnto.

The vii. chapter. of medicines preseruatiue.

**A**ll they that are of good complexion and of holsome diet, neede not to be purged. For an hole body, and boyde of all humours, is not lightly taken of the pestilence, as the other are.

But if it be a body full of humours, or a great eater without anye exercise or trauaile, such ought to let themselues bee purged, and they that haue too much quantity of bloud, or if the bloud be any thing cozzupt, they ought to aske counsaile of some good experte Physicians, and not to put their trust in any wayne boasters that detract other, which in all cases and at all times giue them mercury Precipitante and other medicines cozzosue, which for the most part are venim of themselues and vnder colour of an other medicine, doe deceiue the pacient: a wonder to behold, howe craftily they couer it, sometimes in sirrup, sometimes in suger, other whiles in Figges, Losenges, or Raylings, least it should appeare (as it is indeede) that they giue the patients very quicksiluer.

Some other affirm that the mercury is quenched, or thzoughly mortified, and worketh none other wise but by secret quality against all diseases in the body of man, for the excesse of elementes saye they, is clearly cozzected in precipitation and a dustion of the fire.

How commeth it to passe (if this be true) that when a little of it is set vpon a cole and a peece of fine gold adioyned to it we may

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sa plainly the very quicksilver, cleuing to the gold, and will make it as byttle as if it had lied in very raw mercury.

Pea howe chaunceth it that when it is mingled with hotte creame, it will be cur'd againe as it was afoze. And to say the truth, the quicksilver rawe, is better to be drunken. then such as is sublimed, for that hath bene permitted, both of Dioscorides and of diuers other: but we neuer reade of any good phisition that euer gaue counsell to take the p̄cipitate, because of the copozous and other venemous ingredience being with it.

And although that for the time peraduenture some escape, and feele not their effecte in daie as many other doe (that is to say debilitie of the vertue radycall of the stomacke and other members p̄ncipal, purging of the good humours and leauing the euill within the body, whereof ensueth many times death) yet they leaue a certaine euill qualitie or imp̄ression of the bodies in all that doe receiue them, and so they make worke for good Phisitions, to the greate hurt of them that haue beloued them. Such galantes should go p̄zone their pouder made of quicksilver, among the Turkes and Sarisins, and not vpon their euen chrisſten, and their neyghbours. But now to our intent.

The pilles called Pillule communes aboue other pilles p̄seruatiues, are allowed to be of highest operation, by reason of a certaine p̄p̄ertie that they haue within them, as Rufus the composer of them saith: that he neuer saue any man that vsed them but he was p̄serued from the pestilence.

There goeth into their composition, Mirre and aloes, which haue great vertue to keepe the body from putrefaction and are made thus.

Take of aloes epitike, wel washed two Drams, mirre washed, & Saffron of eche a dram, make them by with white wine, or the iuice of Lemons, or of Oranges, and Sugar. Some take them euery thirde day, the weight of half a dramme, in the morning thre pils, and euery day one afoze supper. Let euery man doe according to his neede, and as his body is replete with humours, but it is good to drink after the a good draught of wine tempered in a little water of roses, or of worm wood, & if they be too



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too hard, let them be resolved in the sirrup of Lemons or a little wine.

Some Doctors iointe vnto them other spices, after the complexion of the person, and the humour that they neede to purge. And they wash the aloes and the myrr, in an hot season, and for him that hath an hot liuer, in water of roses and of Cindie, but in that let euery man be his own iudge: yet I would counsaile them to sticke rather to the good experimentes that haue bin accustomed, than the fantasies of their own imaginations.

The Apotaries ought to haue in store both the two sortes, and to see that they be sufficient leuened, and that the foresaide Aloes be elect and pure.

They which haue the Hemoroides and would vse the foresaid pilles, let them adde a little massike, or the gumme that is called Bdellyum. If any haue a bloudy fluxe, or excoypacion of the bowels, let him not receiue them without a better counsel. Women also great with child, and they that are subiect to any fluxe of blood ought not to receiue them.

Among other things, it is a good preseruatiue, and a thing well expert and commended, to eate in the morning fasting, one dry fig, one walnut, and foure or fve leaues of Rue chopped altogether, & after ward to drinke a draught of good wine. But it shall bee sufficient for them that are with child, to take the said thinges, leauing out the rue.

In a hot season it is good to temper the said wine with a little rose water or of violets. Some other take fve houres afoze dinner three times in a weeke, the weight of halfe a crowne of Michridatum, or of fine triacle, tempered in a little good wine. But in time of heate, and for hot complexions, it is good to put in it a little Conserua roses, and to mingle them with water of roseell, or of Bozage or of Buglosse. Michridatum is a great medicine against all kinde of venome, for wee read that the founder of it, king Michridatis, who did vse to eate thereof, could neuer be hurt by any kinde of poison. The same Michridates being overcome in battaile of the Romaines, would haue killed himselfe with the most swiftest poison that could be deuised,

but

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but when he had dranke many sortes of such, and neuer a one wrought any thing to purpose, he caused himself to be slaine of his seruantes, after whose death Pompeyus, the graund captain of the hoaste, found in his secreet coffers, a certain bil written of his owne hand, in effect thus.

Twenty leaues of Rue, two fat figs, two Almonds, and a little salte, whosoever eateth of this, shal be sure frō al kinde of venom that day.

The good triacle hath also a good vertue but ther ought to be a punishment of the that do abuse it with counterfeited stufte, which deceiueth many people, and causeth them to dye, that put their trust in it.

Some other take in time of cold, a clove or two of garlike which is called the husbansmans Triacle, and after drinke a draught of good wine, and in hott time take and eate a few leaues of Sorrell, and drinke a draught of the water thereof, distilled, for it is excellent, & good in all complexions, times and ages.

Also it is good to drinke euery morning a draught against the pestilence that is thus made.

A drinke for the pestilence.

Take in the moneth of June or at any other convenient time, our Lady Thistle, burnet, Scabious, Gentiane, sorrell, of every one a like much, flowers of Buglosse, red roses, herb Dragons, and Mittelon, or Morfus diaboli, twice as much as all the other, steep them al in white wine & rosewater, during one night, then set them all in a common stillatoze waying in for euery pound of hearbs, halfe an ounce of bole armonie poudred augmenting the proportion, according to the quantitie of the hearbs, then stil a water, & for euery pinte of it, take the weight of a crown of Saffron, half an ounce of yelow saunders finely poudred, & put them all in a biale with the foresaid water stopped, & set them in the sun one moneth. This is a noble water for a man which hath the pestilence, to drinke.

And he that wil, may put a little suger, and poudre of cinnamon in it, that it may be more pleasant in the taste.



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He that cannot finde the said herbe called Marselon, or Mor-  
sus diaboli, in Latine, let him take the double wright of Dya-  
gons. It hath a roote as if it were half eaten off by the middes,  
and it is so called, because the fable is, the deuill bit it off, for  
the enuy hee hath to man, least we should obtaine the great  
vertues of the same.

The horne of an Anicozne put in the drinke, whole or in  
pouder, hath a great effect against the said disease, and against  
all kindes of poison.

Heere followeth a very good preseruatiō for the common  
people ready at all times and of small cost.

Take an ounce of leaues of rue, halfe an ounce of good figs,  
one ounce of Ienuper berries, two ounces of Walnuts picked,  
four ounces of vineger, and a good quantity of Saffron, stamp  
all the foresaid things together, and reserue them in an earthe  
cup, or a glasse fast stopped, that no ayre issue, whereof if ye re-  
ceiue in the morninge vpon a kniues pointe, the quantity of a  
beane, or more, ye shall be sure by the grace of God, not to bee  
infected in foure and twenty houres after.

An other pouder for the same.

Take pure Endelest Bole armoniacke, not counterfeit, but  
such as is without grauell, smooth, and some what shining, and  
to the eye a far off, most like a very stone, not to brittle, nor to  
high coloured, for such is commonly sophisticate. Take (I say)  
the saide Bole armoniacke, and grinde it vnto fine pouder, then  
wash it in white wine, or in rose water. or water of buglosse,  
sozell, or woyme wood, or scabious, after ward drie it, and pouder  
it again, and doe so fīue or sixe times, euer washing, drying and  
poudering the same, and at last set it by in a cleane vessell, till  
ye neede to vse it.

Men of hot complexion, if they will receiue it, muste take of  
it a spoonefull with vineger, or water of sozell.

And they that be of colde complexion, may take it in a little  
wine, or Scabious water in the morning. For it preserueth the  
body from al corruption, consumeth the superfluous humours,  
drieth away the venom from the heart.

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An other singuler remedy preseruatiue for rich men  
and delicate of complexion.

**T**Ake Zedoary, Lignum aloes, Agrimoni, Saffron, Allrologia rotunda, if it may be gotten, white Diptany, Gentiam, the rinde of a citron, the seede of a citron, of euery one a scruple, Cozianders preparate, Turmentill, red saunders, red coral, red roses, Zuozy, Mirabolanes, Emblike of euery one a dramme, Tarra sigillata, two drams, Bole armoniake, iii. drams pouder all these, and with fine suger, and sirruppe of Acetoficate citri, make a noble electuary, and keepe it as a treasure of mans health, in time of pestilence.

An other soueraigne and goodly receit both preseruatiue and curatiue.

**T**Ake a hennes egge, newly layde, and make a hole in the crowne, by the which ys shall draw out all the white thereof, and leaue the yolk within the shell, which done, fill the same egge, with good english saffron whole, as much as may be stuffed in the shell, than drie this egge against the fire, or in an oven when the bread is out, so long till the shell be utterly black and bzent, and the rest sufficient brittle, and drye, make it in pouder in a morter, and adde to it as much pouder of mustard seede as shall weigh all the whole egge: then take this ingredient at the apothecaries, Ditamy, Turmentille nux vomica, of each a dram, pouder euery one of them by it selfe, then put them altogether, and put to it Rue, Piony roote, Zedoary, Camphore and fine triacle, of ech equall portion, so that the weight of them fve be as much as all the rest, beate them in a morter by the space of two houres, till all be incorporated together in a lump, then put it in a glasse, and keepe it couered with a leafe of golde in a colde place, for it will last thus thirty yeares, without corruption, and is a thing of inestimable value in this case, the dose of it to preserve, is but one halfe penny weight or lesse, yea the waight of one barley corne, hath in it a maruelous strength in defending the body.

But if one were infected already, than hee must receiue afore letting blood, two or three graynes, after his bleeding giue



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him in the name of God, an whole scruple, or two or three (if his strength will serue) tempered with wine, for a hot taking: and in great colde, with a little Aqua vita, and thereupon sweate.

I haue knowen when the sick hath been viterly desperate, and could retaine nothing yet, by the grace of God, through the meanes of two scruples heereof, mixt with a little Aqua vita, both the vomit immediately ceased, and nature recovered, and escaped the danger of death.

**A**s concerning sweet waters to sprinkle vpon your clothes and thinges of most pleasant odour, to be cast vpon y<sup>e</sup> coles when ye arise on mornings, and also the making of good and hole some pomtanders, to smell vpon in time of pestilence, for the contentation of them that are desirous. I shal here reherse one or two of euery sort, to the intent ye may (when ye be disposed) either vse them, or deuise other of the same making as it shalbe requisite according to necessity.

First a sweete water that is made thus.

**T**ake water of Roses, violets, or Nenuphar, or one of them, or of all together one pounce, good vineger two ounces, maluesie, muscadine, or other pleasant wine, three ounces, of both the saunders, of eche one dram and an halfe, Camphore, one scruple, and if ye haue any Gallia muscata, ad thereto halfe a dram, mingle them together, and sprinkle vpon your clothes when ye be disposed.

The right excellent and famous doctour Iohannes Monardus also, in the thirde Epistle of his fifth booke, doth shew, howe to make in time of pestilence, two soueraigne perfumes, the one for to serue in sommer which is made thus.

A fumigation for sommer.

Take red amber two partes the leaues of mirte, flowers of Nenuphar, Roses, violets, saffron, maces, and yellow saunders, of either of them one part, Camphore, amber, Benjamin, halfe a part, Dulse, the tenth of one parte, mingle altogether, this is a pleasant and comfoitable saour in the time of Sommer.

But

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But in winter season ye may vse this.

**T**Ake Storax Calamita, Ireos, Mastike of eche two partes, Cloues, Vaces, Putnigs, Cinamon, Saffron, of each one part amber the fifth of one parte, muske the tenth of one parte, mingle altogether and make a fumigation.

And of these powders ye may make little balles of Pomanders, to beare about with you at all times, but the last receypte must be well intorpozate with a litle Storax liquida, and Lapdanum, and the other with Lapdanum, Gumme, Dragagant, and rosewater.

An other goodly Pomander for gentlewomen and Ladies.

**T**Ake the rinde of an Orenge, Cloues, Lignum aloes, of eche one dram, Calamus Aromaticus, halfe a dram, Alistra muscata, one dram, roses, mirtils, of euery one halfe a dram, nutmig, cinamon, beniamin, of euery one a scruple, make it bp in a mortar, with Storax liquida, with sufficient waie, and make use by adding in the ende, of Camphore, halfe a scruple or more. And in the time of pestilence, ye ought to keepe the house euery day til the sunne bee bp, and if it chaunce that yee goe among a great multitude of people, where is any daunger to be feared, ye may chewe a litle Zedoary in your mouth, once in an houre or two, but holde it not continually for hurting of the gums. Zedoarist (as saith Auicen in his booke De viribus cordis) comforteth the hart and engendzeth good blond, it is holesome for the stomack (as affirmeth Plinie) maketh good digestion, and prouoketh appetite.

Constantine in his booke of degrees saith, it hath a great power against venom, and the stinking of the mouth, it bycacketh winde, and cureth the bittinges of venemous beastes and Serpentes.

When the sunne shineth in a cleare day yee may walke in Gardaynes, medowes, hilles and riuers, but beware of lakes, standing pooles, and ffens, for oftentimes the infection of the aire, ariseth of the corrupt vapours, bogling out of such unholisom places.

The



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The seconde part, of the cure of one that is infected with the pestilence already.

The first chapter how to know a man that is infected.

**VV**<sup>e</sup> said in the beginning, how the pestilence was ingendred of the corrupt and naughty aire, turning all the humours of the body quickly to corruption and to venome. Therefore wee must take heed betimes, least the vitall members be infected of the said poyson, for it euer seeketh to the hart, and if it come vnto the hart afore the medicine, then is there no recouery, for not one among an hundred liueth. For the sayde venom is so swift, so fierce, and so boysterous of it selfe, that it will not (without great difficulty) be put out of possession, but dyueth away the medicine from the hart againe.

But if the medicine come vnto the harte afore the venome hath the byper hande, then hee dyueth it out, by the helpe of the vertue expulsive, of the spirituall members, and that expulsion commonly is by sweat.

And for because sometimes a man is poysoned, and can not tell himselfe, nor none that is about him, whereof many dangers do arise, for as the prouerbe is, one scabbed sheepe infecteth a whole flocke, therefore it shall be necessary, that euery man take heede to himselfe, and consider all the signes and tokens that shalbe saide hereafter: for the more care that he hath about that, the sooner shall hee escape out of the danger.

And if a man seeleth himselfe infecte, aboue all thinges let him remember God, for it is a sicknesse that in a twinkling of an eye may bring a man to death.

First let him look to whether in his arme holes, shanke or vnder his necke, there be any apostume or swelling, or whether in any other parts of his body there appeare any greens, black, or euil coloured sores, for that is the sign that neuer faileth, but the person certainlie is infected. As it with standing euery man infected with the pestilence hath not such blcers, botches or sores, wherfore ye must take heede of the other signes hereafter, that ye be not deceiued for lacke of the saide apostumes.

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But what is the cause that such apostumes sometimes doth appeare, and sometimes doth not, no doubt but because that when the venome is so vehement and so furious, & hath gotten hold in the body of man, nature by reason of the swiftness of the infection, is so troubled, letted, and entangled, that she cannot tell which way to succour, and so can drive out none apostumes, and that is more perillous, then if there were many sores. But againe when the venom is but meanly furious, and the nature of the patient strong enough, by reason of good humours, then it defendeth it selfe and driveth the venome from the heart and principall members, to such places as it may bee best avoided at, which breaketh forth by compulsion in botches, Carbuncles and other sores.

The second signe is, if ye feele a great pricking and shooting in your body, and specially in any of the three cleansing places, that is to say, the necke, the armholes and the flanks.

The third signe is, when ye feele an outrageous heat with, in you, as if ye were in the fire, which heat sometime spreadeth it selfe abroad through all the whole body, & other wise there ariseth such a cold, that it maketh a man to shake as if he were in a fever.

Wherein all ye that be infected, must take heede: for some there be that in the beginning feele not such a fervent heat outwardly, but it is within as great as if they burned, with much heaviness of the head, drynes of the mouth, and extream thirst. Whereby many one are compelled for to sleepe, even for verie labour of the spirites, and some other watche, and are so out of quiet that a man would thinke they were fallen into a phrensie.

The fourth signe is, if great vapours & fumes arise out of the bodie, when a man is in a bath, & would faine sweat, but he cannot.

The fifth signe is, if the patient cannot drawe his breath easily, for many one is so straitly winded, that he cannot speake, and when he breatheth it is with great labour and difficultie.

The sixth signe is, vehement paine of the head, such as is wont



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wont to be in a frensie.

But there be some for all that in the beginning of the infection, feele nothing so greate paine as we haue spoken of in the head. Notwithstanding this is a general rule, that the pestilence cannot be in the body, without some paine, or heavines of the head.

The vii. signe is, great desire to sleep, from the which many one cannot abstaine himselfe in any wise, nor cannot bee kept waking of them that are about him.

The viii. signe is, chaunging of the sight for sometimes ther cometh to the patients eyes, as it were a yelow colour, sometimes all that he beholdeth he thinketh it to be greene.

The ix. signe is, paine of the mouth, or an vnnaturall taste, bitter, sower, or stinking.

The tenth signe is, often vomiting, bitter and of diuers colours.

The xiis, heavines and dulnes of al the whole body, and sowning and weaknes of the limmes. These be the principall signes and tokens whereby ye may perceiue when any man is infected.

Notwithstanding all these signe are not euer manifest, for sometimes it is seene, that one hath had the pestilence, and felt nothing at all, yea & sometimes the vyne will be as faire & as good to sight, as in a whole man, because the humours come not at the liuer, and the feuer will be small or none, for that the venom is not in a hot humour, & so driueth out no heat, & yet the patient by and by dieth. Sometimes also he shall thinke himself whole, because that nature in the first brunt droue the venom fro the heart, & yet anon after his life passeth from him, for that nature was not strong enough at the next assault either by reason it was vexed and worried in the first, or els the venom peradventure multiplied or changed into more malignity or nerer to the heart then it was afore. Therefore one in the beginning seeme lightly to be better, for then the strength of nature is gathered altogether to stand against his enemy, but it is not so in other euil sicknesses. The patient also many times thinketh him

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selfe stronge enough because the venom worketh not so cruelly vpon the other members as it doth vpon the heart.

Wherefore in time of pestilence, when ye seele your selfe in any thing diseased, bryue not forth the time in looking, why the signes aforesaid should appeare, nor stand not in examining or doubting whether ye be infected or no, for ye may be sure, that in this countrie wher ye are, ye shal haue fewe sicknesses, but either is pestilence already, or els wil be within a while: & so giue your selfe to the cure of the pestilence, for while the naughty influence of that infection dureth, all superfluous humours may lightly be infected, and that is the onely cause, why in time of pestilence, there is so fewe of other infirmities. For as soone as many sores of other sicknesses do arise, the pestilence abateth and is gone. And here is to be noted, that whatsoeuer childe in the time of pestilence, be bered with the worms, ye may safely affirme that hee is infected, for it is a matter so disposed to the pestilence, euen as is brimstone, to be kindled of the fire. This haue many physicians not considered, and because of that, haue been deceiued in their cure.

Here I haue declined by occasion, but now to our intent.

When one or two, or more of these signes, aforesaid are knowne to be in a body, let him not dispise them, nor put any foolish trust in the strength of his complexion, as many one haue done and by & by died, not let no man trust the colour of his bryue, or mouing of the pulse: for sometimes the strength is so excessive in the venom, that a man is dead afore the natural vertues are able for to succour him, or to bryue away the venome from the heart. And herein haue many wise physicians also bin deceiued and haue euill iudged of the patients pronostik. Wherefore by & by without delay, ye must administer some good & wholesome medicine, as shal be said hereafter, or els the stilled water that wee speake of in the former Chapter, or some other valiant medicine against the pestilence, that it may descend vnto the heart afore the venome haue the vpper hand of nature.

For if it be once settled at the heart, I affirme plainly, ther is no help at al. Yet there be some soles, that tarry till the thirte hours



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houre, or the foure and twentie after the infection, and they boast themselves that they will heale the pacient, but that is a manifest and shamefull error, for if any by chaunce is so recovered, it commeth of God, and not of any medicine, for where as one so escapeth, an hundred other perish.

Notwithstanding if the case so bee that ye bee not called, or can get no remedie afore the said time, cast not your self in dispaire, or put not the pacient in discomfort, take or giue your medicine in the name of God, and if ye can not brooke it, take as much againe and do so many times til ye may retaine it the lay ye downe to sweat, and lift vp your heart to God, calling vpon him, without whome there is no health, and by the grace of Iesu, ye need not to be feareful of death, for that y<sup>e</sup> is impossible to man, is easie enough with God, yea many times nature worketh it selfe, aboue all naturall expectation. But I counsell at the first beginning to receiue the medicines, whē any of the foresaid signes appeareth or when yee feele your selfe diseased: for the venome pearceth sōner to the heart of the cholerike, the either of the sanguine or the melancholike, although the sanguines are apter to infection, then the other are, chiefly if the sickness be in sommer. They that are of melancholie be not lightly taken, but in case they be, then the cure is very dangerous, and hard.

Therefore I say, take heed at the beginning as the proverbe is

Principus obsta, sero medicina parat,  
Cum mala per longas inualuere moras.

Take the medicine quickly, and let thy selfe bloud, and remember God the Phisitio of thy soule, and without doubt thou shalt well enough recover.

Now we haue declared the signes by which yee may easily know whē a person is infected, and we said it was conuenient to take the medicine as sone as any of the appeareth without any longer tarrying afore the venome commeth to the heart, here we wil inform you, how ye shal perceiue whether the sayd venome be settled in the heart or no.

Take

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Take a dram of Bole armony made in powder, according to the doctrine of the last chapter in the first part, and if ye cannot get it, take some other excellent medicine against the pestilence, namely one of the receites that shalbe said hereafter, and giue it to the patient, but there can nothing be better, then the foresayd powder if he haue it at hand.

Take 3 say thereof one dram, and an ounce of white wine, and odoriferous, with two ounces of water of Roses, mingle them and giue them to the patient.

The blacke receipt declared in the chapter of preseruatiues, may be well vsed instead of the Bole.

And if he may retaine the drinke within his stomacke, it is a good signe that the venom was not at the hart afoze he toke the medicine, and therefore he may be let blond well enough.

But if the patient cannot brooke the saide drinke, but cast it vp and vomit, then ye may bee sure, that the venom hath bin at the hart afoze the medicine: therefore by and by wash his mouth with wine, or with water of Scabious, of sorrell, or of roses, and it ought to be very well mundified and cleansed.

Then giue him an other dose of the saide drinke, and heat a crust of bzeade, and holde it to his nose, that hee may the better keepe the foresaid portion.

And if the second time he cast it vp again, and is not able to retaine it, wash his mouth as is saide before, and giue it him the third time, with a litle vineger, y<sup>t</sup> it may pearce the better, and so six or seuen times, if he do not holde it, giue it him again, and then whether he retayneth it, or retaineth it not, by and by ye ought to let him blond.

But in case the patient were infected. 24. houres afoze yee giue the drinke, neuer let him blond, for that can nothing helpe him, but rather make him feeble, but administer a medicine ordained for the pestilence, as is saide afoze, or suche as shalbe said hereafter, and that doone, prouoke him to sweat.

Now to our purpose as concerning diet.

The ii. chap. of the cure of pestilence, by the way of diet.

**F**irst as soone as euer the patient feeleth himselfe infected,



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it is very good to avoid the corrupt aire, by changing into some other place: or els if he cannot so, let him rectifie the aire of his owne house, or of his chamber, with water of roses and vineger, or els with fumigations as is spoken of before, according to the qualitie of the time, and the complexion of his owne bodie.

Sooner it is good for him to shifte his bedde out of one chamber into another, and from that to the first againe the next day, euer rectifying the aire of them both as is aforesaide.

And as touching meat and drinke, he ought not to abstaine, or yet to take any superfluities, for to eate good meates measurable (though it bee against his stomacke) yet in this disease it shall do him much good.

Let him eat the brest of chickens, capons, or colyces of rabbits, and such like meates with a little sozell sauce, or vineger and rosewater, or wine of pomgranades, (if they may bee gotten) or wine of barberies and such other.

If ye will haue other kinde of sauces or a powder to strow vpon your meat, ye may make it after this sort.

Take graines of paradise, white Diptamy, of ech an ounce, fine powder of cinamon and cloues, of ech halfe an ounce, make them all in powder, and mingle it with suger. In this disease ye may eate no queasie meates, as Geles, Geese, Duckes, and other such as be euill.

I call them euill meates, which (according vnto Galen de differentis febrium,) are either euill of their owne nature, or els if they be naturally good, yet by reason of some putrefaction, are as much and moze vnhollosom, as the ether are, partly so, because of long keeping, vnclean and naughtie dressing, or when they be laid vp in a filthie or stinking place, and partly by some ill infection, when they were aliue: for he that vsed such kindes of meates, is oftentimes accumbzed with many naughtie sicknesses, as corrupt and pestilentiall feuers, scabbes, pustles, leproyes, and other euill infirmities.

All fish in this case are to be avoided, both or gruell, made with bozage, buglosse, endiue, succory, sozell, purcelane and other like hearbes, with a little saffron, and cleane wheat flower,

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wer, or the crummes of bread in a Broth of chickens, or without a broth, may be well administered.

Botched egges also with sorrell sauce and Cinamon, vinegar, and rosewater are maruelous good in this case.

And if the heate be very vehement, as well after meate, as afore, he may well drinke a draught of sodden water with the iuyce of oranges, Lemmons, Citrons, or of sowre apples, well mingled together, to quench the venomous fumes that might rise by to the brayne. And if the patient be young, and strong, hauing a good stomacke whole winded, hot of complexion, and in time of heat, not subiect to the cholike, nor to none hydropic, or apostumes of the bowels, hee may drinke a good draught or two of cleare and colde water comming out of a rocke, or of a running water, or of a faire spring.

For when nothing else can mitigate the thirst, yet wil cleere water by little and little, diminish all the heate. But yee must beware ye take no great excesse.

A Prifane with suger of roses, is very good to drinke between meales.

The patient ought not for to sleepe during the first 24 houres and in the time that he receiueth his medicines.

Afterward he may sleepe a litle at once to comfort the weaknes of the spirits, and he ought euery day to go to sleepe once. And aboue al other things let him not dispair, but bid him be of good comfort and doubt not of his health, so he take no thought, but as much as is possible, make him to reioyce as well by communication as by musick, and bringing in vnto him good and holesome hearbes, fruits, boughes, and other things of comfort, but yet notwithstanding see that hee remember God, and not forget his owne conscience, for in this sickness the worst is euer to be feared.

The third chapter, of the cure of the pestilence  
by the way of medicine.

**A**s soone as euer you feele your selfe infected, take of the powder of Bole armoniacke, in manner and forme afore declared.



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declared, or of the blacke receyt, the waight of halfe a crowne, more or lesse, according to the vertue of the patient, mingled with the water of Roses, and a little vineger, as is saide afoze, and drinke it all at one draught.

And if ye cannot get the aforesaide powder, or peradventure ye will abhorre to take it, then drinke a little portion of the receyt following, which is very excellent.

A receyt against the pestilence.

**T**Ake the roote of Turmentill dried in the shadow, of Saffron, and of mustard seede as much of one as of an other, make of them a powder, and incorporate it with the thirde part of Mithridatum, or of fine triacle, with a little strong Vineger in manner of an Opiate, keep it in an earthen vessell close, and in time of neede vse it. The waight of it at once, is from halfe a dram bywarde.

This receit worketh more vpon the venome then it dooth vpon the feuer: and euery day following it is good to take a little sirrup of lemons, with water of Rozell, or of Passelon, or of our Lady Thistle.

And he that hath none of the said sirrups, let him vse the waters of the same hearbes, or the good waters that I haue described in the chapter of medicines preseruatiues.

Auicenna saith, that whosoever taketh an onion and drinketh it in milke fasting in a morning, he shall bee safe that day from all infections of the pestilence. Wherefoze some are wont to rost two or thre onions, and eat them with Vineger and browne bread next their hart, afoze they enter into any suspect ayze: and haue found health in their so doing.

**I**ohannes Monardus, a man of high knowledge in the art of Medicine, and of great authority amongst all learned men, describeth in his book of epistles, a very good receit, as wel preseruatiue as curatiue, deuised by himselfe for lacke of good triacle, and is of maruelous operation, as well in this disease, as in healing all maner venomous wounds, both of adders, snakes, and other kinds of serpents. The receit of this noble medicine is this.

Monardus

## Of the pestilence.

Monardus medicine for the pestilence.

**T**ake the dyed blood of a Drake, and of a Duthe, of a goose, and of a Kid, Rue, Fenell seede, the seede of Cummin, Dyll and of wilde popes, or garden peps, or Kaper, of euery one thre drammes, the rootes of Genciane, Trifoile, Squimantum, Frankensence, roses dried, of eche foure drams. White pepper and long, cost, Valerian, anise, Cinamon of eche two drammes, Beniamin Affarum, Gumme armoniacke, of eche thre drams, Aloes, Agarike, of eche two drams, Carpoballami rr. graines, Ireos, Saffron, Reubarbe, and Renpontie, Ginger, Mastic, of eche one dramme, Sticados, fyne drams.

Make a fine pouder of these, & with foure times as much of clarified hony, mingle altogether, and keep it in a siluer vessel or a glasse stopped, for it is an high treasure, in such a case: The dose of it is two drams in wine or water of Rozel.

Here followeth an electuarie of a wonderfull vertue, in the time of pestilence.

This electuarie is of so greate vertue, in them that doe receive it once in twenty foure houres, that they may be sure fro all euill infections of corrupt ayres and contagious, all the day after.

But in them that are infecte already, and are taken with the pestilence, if they drinke of it but one sponefull, as shall be said hereafter, (speciall after letting blood, if it bee conuenient to the patient) and lay him downe & sweat vpon the same, if the venom hath not utterly overcome the heart, ye shall vndoubtedly recover.

It hath bene lately proued, that after drinking of the same medicine when the patient made his water in an vzinall the glasse hath burst in peeces, by reason of the venome that it purged out.

This is the making of the said electuary.

Take Cinamon elect, one ounce, Terra sigillata fyve drams, fine mirre thre drams, Unicorns horne, one dram, the seede & rinde of citron, roots of Diptany, burnet, Turmentille, sedoary red coral, ana, drams two, yelow saunders foure scrupules, red



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saunders, two scruples, white beane and red floures of mari-  
golds, ana, one dram, suety rased, Scabiose, Beronici, tunic,  
sade of Basile, the bone of a stagges heart, saffron, ana two  
scruples, make a fine powder, and ad vnto it, of Bole armoniack  
preparate two ounces, white suger three pound, and with a sir-  
rup of Acetocitate citri, make a goodly eleduary, and keep it  
in a glasse.

If the pestilence commeth with great excesse of heat, drinck  
it vpon Rose water and vineger, but if ye fele it colde take in  
it a draught of wine, and couer you with clothes, so that yee  
may sweat as long as is possible, for without doubt, it is a pre-  
sent remedy as I my selfe haue oftentimes proued.

An other diuine medicine, in ali quide forme.

Take rue, wormwood, and banne the herbe, of eche a like  
portion, of Cilydony, both hearbe and roote, as much as all the  
other, so that yee haue of them iiii. a good big handful, wash the  
rootes of celidony, very cleane and purely, in wine or in faire  
clere water, the put the al into a new pot of earth heled with  
in, and poure vpon the herbe, halfe a pound of the most strong-  
est vineger ye can get, couer them iuste, and lute the mouth of  
the pot, with, Luto sapientie, which is made of wheat floure,  
and the white of an egge, that no breath may issue, and seeth it  
eight or nine houres, with a soft fire, then let it coole by little &  
little, and after straine the herbe, and let the licour in the sun  
to rectifie.

When a person is infected with the pestilence: First as I  
said afore, let him bleed in a due veine, then giue him a spoone-  
full of this licour, with as much as a nut of triacle if so be yee  
haue any, luke warme by and by a crust of breadye all hot, bee  
dipped in vineger, and holden to his mouth, that hee may the  
better brooke the medicine.

And if he chaunce to vomitte, incontinent wash his mouth  
with wine, and cause him to receiue againe an other spoone-  
full, and so if need be, five or six times til ye see that he receiue  
it, which is a very good signe, if he so do.

After this set him in a warme bed couered, that he may  
sweat

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sweat out the residue of the venom, and by the grace of God, he shall escape the daunger.

This is a medicine of infinite vertue. But if the patient haue a great heat, giue him no triacle, or els very litle.

The fourth chapter of the cure of pestilence, by letting of blood, ventoses, and purgations.

**A**lthough Phlebotomy or letting of blood, bee one of the chiefe things that are required to the cure of the pestilence, yet for lacke of vnderstanding and letting blood other wise then be honesty many one is cast away: and therfore euery good man barbour ought for to take heed, that he hurt not them, which come vnto him for help (for that were a great shame) which he shall neuer doe, if he ponder well the things that shalbe said hereafter.

This is a generall rule.

**I**n the time of pestilence when a body is infected, ye may not haue respect either to the signe, the day or the houre, but whether the moone be there or not, or what aspectes toger be in the planets, let him bleed forth with in the name of God. Young men and sanguine, and they that haue aboundaunce of fleshe, and of bloude mingled with other humours, ought to bleede som what more in quantity, but also keep a moderation, that ye take not out too great a quantitie at once.

It is better to let him bleed twise, leauing the wound of the firste stroke open, and annoint it with a litle oyle, and after foure or fife houres, let him bleed in the same wounde againe, but without stinching if it be possible.

But alwaies giue an eye to the strength of the patient, that it be not enfebled: and againe be ware, that ye haue taken away the rankest, & the strongest venom, wherein if he be doubtfull, take the counsell of some good expert phisition.

Also ye must note, that ye may not let blood to any childe within the age of iiii. yere, nor to old men aboue fifty yere old, nor to women greate with child, specially nere their time, nor when their purgations is vpon them, nor to them that are newly brought to bed, or within a weeke or two after the is



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purified, generally to none which is weake and sieble in hys body.

We shall also note, that there are some olde men of better strength and complexion, than many yong are of, and againe, diuers yong children often, or twelue yeares olde, are of higher courage and of as good strength, as they that are many yeres elder. In such cases, a little euantation of the infected blood, may be the sauving of their liues, so that al things be done with good discretion.

It is wisdom also to let the blood lying vpon their backes, whome ye thinke would faint in standing or in sitting.

And if the case do require the letting of blood, & the patient be not able to beare it for any of the causes afore rehearsed, it is good to apply ventoses, in maner and forme as I shal declare hereafter.

And here we shoulde say somewhat of the great errorr that many doe commit in taking one balne for another, for by suche errorrs is the venom drawen many times vnto the heart, and so procureth death vnto the patient.

Wherefore that yee may not be deceiued euer in the pestilence, let him blow on that side that soze is on, and not on the contrary side, in any wise, for that should drawe the venome ouerthwarthe the members spirituall, and so destroy the man.

But or euer ye let him blood, it is good to giue some good and wholesome medicines against the venom, such as is declared in the chapters herebefore.

If the botch appeare vnderneath the eares, let him blood in the heade veine of the same arme, or els in the braunch of the same veine, which is vpon the hand, betwene the middle finger, and the next that is adioyning.

If it appeare vnder the throte, take the same veine, & with in a while after, it is good to open the two brines vnderneath the tongue.

If the soze be set within the armehole take the veine called Mediana, which is betwene the foresaid head veine, and the veine comming from the liuer.

## Of the Pestilence.

If the soze be set within the flankes, then ye must open the veyne called Saphena, which is about the ancle of the foote on the inner side: and if ye cannot finde it there, take the bzaunch of it, that is betweene the great toe, and the next vnto him but but the letting of blond in that veyne is forbidden vnto women when they be in health.

And if there appeare two botches, one on euery side, Monardus giueth counsaile to take the right side, and not the left.

And if in case there dooth appeare no signe of botching or swelling then he biddeth you to open both the veines Saphenas on the right side and on the left.

Notwithstanding, Marsilius Ficinus is of a contrary opinion, and saith that it is best when there doth no soze appeare, to take the common vaine on the right arme.

I thinke heerein Monardus counsell rather to be followed.

But if ye see the both standing outwarde more towarde the bounch, then ye must open the veine called Sciatica which is about the ancle of the foote, on the outside. The which opening of the veines must be doon as soon as is possible, alway presupposed that he hath receiued one or other medicine against the venome, and that he sleepe not in any wise, as is afore mentioned. And to them that cannot lawfully be letten blond, ye must in al hast applye many ventoses, with scarification or without scarifying, as it seemeth best to your discretion, so ye take a reasonable order thus. If the soze be vnder the eares or about the throte, let your ventoses be applyed behinde vpon the neck.

If the botch appeare vnder the armes set your ventoses behinde vpon the shoulders. If the soze be in the flanke, or thyrs, let your ventoses be set vpon the buttockes.

And if the patient be repleat with humours and strong, hauing no flux nor other impediment, and ye thinke hee needeth to be purged: yee may giue him in the morning one ounce of Cassia or of Manna with a little Dyaprunis laxative more or lesse, according to the patients necessity, tempered with water of scabions, soapell, or endiue, euer taking heede, that hee doe receiue some medicine against the venom, during all the tyme of



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his disease.

The fift Chapter of application of outward medicines.

**H**ere is to be noted y no maner plaister repercussive, may be set vpon any botch of pestilence. But as soon as is possible, after letting blood it is good to take an onion, and to make an hole in the middelt of it, then fill it full of good triacle: after that stoppe it, and set it on the harth to roste, as it were an apple. And when it is roste so long till it bee tender, let it coole a little: and set it hot vpon the botch, and when it hath been there by the space of two houres, take it off, and lay another on.

Or take a cocke and pull his feathers off, about his fundament, and put a little salt in it, and set his fundament vpon the saide botch, keeping him on a good while, stopping many times his bill, that his bzeth may be retained, & let him blow againe. And if the cocke die, it shalbe good to take an other yong cocke, and split it quicke a sunder, and lay it on the botch, but ye must command them that take them off, to cast them in the fire, and not to take the fauour when it is remoued: for that is very dangerous. Some there be that lay about the soze, water Leches, called blood-suckers, and it is very good, so they be well prepared, and cleansed from corruption. Other apply ventoses with scarification, but they ought first to be applied without any scarifying so they shall the better draw the venom out.

Other lay thereto a plaister made of Galbanum diacquilon, and armoniacke, incorporate together, and some other lay on it a plaister made of figges, soure leuen, and Yeasings without kernels, bzaied and incorporate all together in oyle of cano-mill.

There be also that set vpon the botch an hearb called crow-foot, which is very hot, and maketh a blister on the skinne, and that same they bzeake, and keepe the place open many dayes after.

And in y case, if the botch be in the very arme holes, it is best to set the saide hearbe aloft vpon the arme: and some other bzeake the foresaide botch with a strong raptorie, hauing part of maturation, as for example thus.

Take

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**T**ake soure leuen foure ounces, Mustard, Rue, Scabions, Wormewood, of euery one an handfull, white lilly rootes, the thirde part of all greene coppozous two drams, cantharides in number x. Galbany one ounce, olde nuts, and some what rusty, or els new, if ye cannot get them in number foure, oile of white lyllyes, as much as shall suffice, seeth all the hearbes and roots in oyle according to arte, with a double vessel, that is to say, the oyle beeing in one pan may seeth onely by the boyling of the water in an other great panne, and make a plaister with the residue of the stufte in a good fourme. It hath a great vertue to breake a pestilence soze without much paine, and afoze yee lay it on, wash the soze with a sponge dipped in the straining of the soze sayde hearbes and rootes.

Other take oyle Oliue and seeth it with oken ashes, adding vnto it a little of blacke sope, and quick lime, and make a plaister of the same it is to be vsed but in strong complexions.

And all the foresaide waies are to be commended. But after one hath vsed them a while, and seeth they begin to come to maturation, let him take the counsell of a learned surgeon, or any other of good experience, and to sette maturatiue emplaisters, vnditions, and bathes, according as becometh, pearcing the apostume in the softest place, after ward proceede with mundification and incarnation, euen as in other kindes of apostumes: wherein I humbly desire them to haue some pittie of the poore that be diseased, and not to fauour them that haue enough, but rather take so much of the rich, that they may the better haue wherewith to helpe the needy. And soz because the sicke may haue some comfozt, if in case they should be destitute of Surgeons, I will besides the saide medicines which they may confidently vse,) describe some maturatiue emplaisters that are experte and proued in this cure of pestilence.

A plaister to ripe a botch comming  
of the pestilence.

**T**ake Mallowes, and the roots of hollibock, and onions, as much as shall suffice, wash the and seeth the in water, & afterwarde



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terward bray them in a mortar with powder of linsæde, and of Fenugreke, and a good quantity of swines greace fresh, laying on the plaister euery day once.

An other for the same.

**T**Ake white Diptamy an ounce and an halfe, the roote of wallwoorte an ounce, the rootes of cresses halfe an ounce, white onions, two ounces, seeth the rootes in water, and rost the onion vpon the coles, then stampe them altogether, adding of oyle of camomill thre ounces, Rosin one ounce, nettle seebe five drams, wax, as much as shall suffice, and make a goodly plaister, or an oyntment at your pleasure, for it ripeth the sayde botch in a short space and consumeth the venom, and is good as well for yongmen as for olde.

And afore that it be thow ripe, cause it to be pearced, as it is said afore. And if after the said pearcing there be great pain, take the yolke of an egge well beaten, and a little oyle of roses, and annoint a tent therein and put into the soze for to cease the paine. Afterwarde mundifie the place with a salve made of yolkes of egges, fine barley floure, and a little hony of Roses. Last of all for the perfect incarnation, take the iuice of Daisies, and with a little waxe make a soft oyntment, and vse it, or ye may lay therto any other salve incarnatiue, as ye are wont to doin other cleane sozes. Provided alway that it is better in this case, to break the soze betimes, then to tary for the ryping long, least perchance the venom being included gather strength by the putrefaction, and so returne againe vnto the hart: therefore open it afore it come to ryping and after procede with your maturatiues and other hole some plaisters.

Thus much haue I spoken of Surgery in the exterior cure of one that hath the botch, so far as God hath giuen me vnderstanding to perceiue, according to the mindes of suche famous clarkes, as haue most effectually witten of the same. Now wil I declare, a litle of the exterior cure of him that hath no botch at al and yet is sore infected with the pestilence. For the noble handy woork of Surgery, is conuenient to them both, as witnesseth Marcellus Ficinus, in his booke of pestilence in the xi. Chapter.

And

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And the fourme of it is this.

After that the pacient hath receiued some good and whole some medicine against the pestilence, and sweated (or after letting blood, if the case doe so require) by and by yee must apply your labour to take away y<sup>e</sup> residue of the venō, that remaineth in the bodie.

And to the intent yea ought to make a ruptorie, of sowze leuen & Cantharides, or other aboue rehearsed, and set it on the muscule of the right arme vnder the cubite, on the part where as the pulse lieth, but not vpon the pulse it selfe, & so procure a blister, which ye shall immediatly cut off, & keepe the soze running many dayes after, the longer the better for the pacient.

An other issue yee may make in the same manner, vpon the right leg, foure fingers aboue his heele towarde the instep and keepe it open likewise till a moneth or two after hee be recovered.

The sixt Chapter of the cure of Carbuncles and Anthrax

**A**s concerning the curation both of a Carbuncle & the pestilence soze called anthrax, ye may do euery thing according as we spake afoze in the generall cure of the pestilence, both as touching dyet, medicines against the venom, cordials, laxatiue, blood lettings, and ventoses, ye shall heale them as yee shall the botch, in all thinges. But as touching letting of blood, when ye see a carbuncle or an anthrax by himself without apollume of the eniunctories, be it vpon the necke, or vpon the throte, or the face, or the head, ye must let him blood in the head veine. If it be vpon the shoulders, brestes, or armes, or other places aboue the Pauill, take the veine called Mediana. And if it be beneath the said places, down vnto the knees take the veyne Saphena, but if it be on the out side of the thigh, take the veyne Sciatica euer vpon the side that the soze is on, (as is said afoze, considering the complexion, the strength, the age, and the qualitie of the blood, euen as is said in the chapter of the botche, & like wise apply the ventoses vpon them that cannot beare Fleubothomy. Which things persupposed, it is good to set vpon the carbuncle, whether it be with botch or without botch



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botch, & the yolke of eggs incorpozat with as much salt, as yee can temper with it, renewing it euery houre during a whole day.

Or els apply the said leches or blood suckers round about the soze, and after they haue sucked out the blood, set thereon a cocke as is said of the botch, or els a done all hot splitte in the middle. And he that cannot get the leches, yet let him not faile to apply the residue of the said medicines, euery one after another, as afoze is said.

Or a hot lese coming out of the ouen, or take a sower pōgranad, and cut and seeth it in vineger, or Scabious bzused betweene two stones, or the roote of daises, or good soize dough, incorpozate with salt & a little oyle oliue: all these medicines are good to kill the carbuncle.

The pzeious stone called a saphire hath also greate vertue against venim and specially against a carbuncle, if ye touch it with the stone, and draw it rounde about the soze by the space of an houre.

But whatsoeuer medicine ye set vnto a carbuncle, ye must lay a defensiu about the soze, which is made as hereafter followeth.

A good defensiu.

Take Sanguis Draconis, & Bole arment, of eche a like much make them in pouder and incorpozate them with oile of roses, and a litle vineger, and lay it in a cloth al about the soze, with out touching any parte of it, and renewe it when it is hard and dry. But if the person be of good abilitie, and the carbuncle be ry searse and burning, cannot bee quenched with the meanes afozesaid, then ye must procede with an actuell or protentical cautery, and to remoue the escare, lay on copons greace or a litle butter, or els a plaister made of mallow leanes, holihoeks violets, Lilly rotes sodden in bzoth of netes seete, or other flesh, and afterwarde stamped, strained, and vpon the fire mingled with pouder of limescede, barley floure, beane floure, freshe butter, and swines grece, adding to the ende when yee take it of, two yolkes of egges and a litle saffron, and stir it well about.

This is good also to ripe the soze said soze, afterwarde mune

fit

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disse and heale as is said in the other chapter.

I could declare many other remedies but I set them that haue bene often proued, and that be most easie, for to gette at need, desiring al them that shall vse these my simple labours, to accept my good will vnto the best, and to pray to God almightie for his grace, vnto whom onely be al laude glozy and honoz, woꝛld without end. Amen.

*A declaration of the veines in mans body, and to what diseases and infirmities the opening of euery one do serue.*



It is not vnknownen to any which haue seene Anathomies, how there be in a mans body two kinds of veines, general and special. Generall or common veines are thre, which appeare in the midst of euery mans arme on the inner side, and of them, the highest is called of learned men Celiphilica, or the head vein, and the lowest of al thre, is called commonly Basilica or Regia, in the right arme by another name Epatica, or the vein of the liuer, but in the left arm it is called Pulmatica, the veine of the lungs.

The thre common veines, lieth betwene the other ii. in the middes, & is named Cordiaca, or the veine of the heart.

The first that we did speake of, that is to say Cephalica, is a veine most apt to be letten blood, in al the higher parts of mans body, & is opened for the head ache, and the eyes. This veine if by chaunce ye touch it, and if it blode not at the first stroke ye may be bold to strike it once againe, for there is no ieopardy of cutting of any muscle. And if ye cannot finde it out, take bys bzaunch that is about the thombes end.

The vsin Epatica, emptieth from the middle parts of al the body, and it is euer opened against diseases of the stomacke, & the splene, but ye ought therein to be very diligent, that there be no muscle perced. If ye cannot sple in the arme, seeke the bzaunch of it betwene the litle finger and the fourth.



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The Cordiaca veine draweth bloud aswell from beneath as from above, for it is compounded of Cephalica Epatica.

If any feleth a weaknes at his heart, he ought to take good hede that he be not opened in the veyne Cordica, but if necessity be of blöeding, let him bleed in the Cephalica or Mediana.

So likewise of the other two. The Cordiaca, is good to cure the passions of al the whole body, when they procede of heate, specially of the heart and of the lungs.

But in the pearcing of it, ye must exceedingly beware, for vnder it is a certain muscle, which if it be very deeply cut, the patient is in icoberdy of his life.

When ye intend to let a person bloud in any veine, ye must bath the arme wherein ye pearce, in good hot water, & drawe the hole abroad, that the grosse bloud may the moze easily passe. And here is to be noted, that in al sicknesses and times (except only infection of the pestilence) ye must take the same veine of the thre that doth appeare fuller and bigger then the other are, for by that ye may perceine that the members which beslong vnto it, are full of superfluities of too hot blood, and thys shall be sufficient of the said veines general, now we will reherse the veines speciall.

The veins in the higher part of the forehead, is good to be opened in all diseases of the head, and of the braine, specially if they be of long continuance, & it cureth the newe begun leproy.

The two vaine that are behinde the eares, are opened to preserve the memozy, mundeifie the face, & to take away runnes and distillations from the head, and are good generally in all diseases of the mouth and of the gums.

The two veines of the temples of the head, are good to boide humours fro the eies, and they serue also for al diseases of the eares.

The two veines in the corners of the eies are opened in the cure of webs, spots, cloudes mistes, pertes, rednes, cornes, and other infirmities and weaknes of the sight.

The two veins in the hollownes of the eares, serue to heale the shaking of the head, swimming of the eies, desinites, sound-  
ding

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ding of the eares, newe deafenes, and vncleannes of the mouth.

The veine in the tip of the nose, is good against apostumes of the head, reums, and flures of the eyes, it purgeth the brain, and conforteth the memozy.

This veine must be sought very wisely, for it lyeth deepe, therefore he that will be sure of it, shall find it euen in the vemmides betweene the two sides of the nose end.

This ii. veines within the nosethilles, are opened against the heauines of the head.

The veine of the lippes is good to take in all diseases of the mouth.

The two veines within the mouth, are opened in diseases of the head, toothach, paine of the iawes, mouth and throte, and against freckles of the face.

The foure veines in the palate of the mouth, are good to be opened in the toothach, reums and catarres of the head.

The two veines in the hinder part of the head, are good against the phrensie, swinming, astring, and all other paines of the head.

The ii. veines vnderneath the tounge, are opened against the flures of the heade, palsies, quinctes Scrophules, Apoplexia, cough paines of the mouth, teethe, and gums, against impediments of the speech, and generally in all diseases of the brest, harte, lunges, and arteries.

The veine that is betweene the chin, and the nether lip, is good to open in curing of a stinking bzeath.

The veine that lyeth right vnderneath the chin, is good against the same disease, and also in diseases of the head and of the brest polipus in the nose, paines of the cheekes, stinking of the nosethilles, Scrophules and spots about the face, ii. veines of the neck, (one before, another behinde) are exceeding good against the pluresie, newe leproy, shaking of the members, humours, and distillations of the head, and too much stiffness of lunnies.

The two veines vnder the arme holes, serue against the

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straitnes of the brest, paine of the midriff, and the lungs, and against difficultie of breathing, called Asthma.

The two veines about the elbowes, are taken in all diseases of the brest, swimming of the head, spalne, and Epilepsia, commonly called the falling euill.

Vena purpuria, or the purple veine, lying in the vnter arme next Epitima, toward the hand, is opened against diseases of spirituall members and of the bowels.

The veine Illiaca next vnto the purple veine, if it bee well taken, is good to heale the paines of all the inward members.

Vena pulsatalis, or the beating veine, is good against the trembling of the heart, swooning, and Cordiaca passio.

The two veynes of the thombes, are opened in diseases of the head, blared eyes, and against the most part of all fevers.

The vaine between the fore finger and the thombe, is good for stopping of the head, and to purge the superfluitie of choler, is good in agues, and in all diseases of the eyes.

The veine that is between the ring finger, and the little (if it be opened) taketh away diseases of the head, the lungs, and of the splene.

The veine called saluatella in the right hande, betweene the little finger and the next adioyning, is opened in opilations of the brest, against the gummy matter of the eyes, parbraking, yellowe Jaundies, paines and cholikes in the ryght side of the belly.

And in the left hand it is opened against all diseases of the splene, continuing of repletion and opilation, and is good to heale the hemorroides, pyrensie, choliks in the left side, diseases of the veines, and too much aboundance of the floures.

The veine of the right side, if it be opened, is good in yenteria, disitria, dyspites and other infirmities caused of colde matter.

The veyne of the left side is good against apostumes and excoriation of the bladder, paines of the loines, swelling and stopping of the splene.

The

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The veine of the belly is good against diseases of the reines, and purgeth out the melancholy bloud.

The .iiii. veines about the place called pecten, on eyther side the priuy members are good against superfluous yssues of the hemoroides, and to swage paine in all diseases of the bladder, and the secret places, they stoppe the bleeding of the nose and of other members, and are good to heale the lientery and strangury.

The veine ouer the foreskinne of the yarde, is opened against the dropsie and all diseases of the same member.

The veine vnderneath the saide skinne is holesome to be taken for the crampe or spaine, cholike, swelling of the coddies, strangury, diffurie, and diseases of the stone, both in the reines and in the bladder.

The two veines of the thighes haue a singuler vertue in the curing of diseases in the bladder, and the reines.

The two veines in the legges, do serue against the dropsie, paine and apostumations of the bladder, and the reines, and the priuy members, and against goutte and swelling of the knees.

The veyne Saphena on the inner side of the legge, is opened against retention of the flowers, and in all diseases of the matrice, reynes, hippes, priuy places of men and women.

The outwarde Saphena, otherwise called Sciatica, descending from the legges on the outside, is exceeding good in curing the paine of the hucklebone, wherof it hath the name Sciatica, and ouer that it healeth all diseases of the bladder and the bowells, goutte of the handes and of the fette, with other paine of the ioints, and the palse.



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The two outward veines upon the ancles, are good to be opened for retention of the floures, they take away the sickness of the spleen, and ease the pain of the backe, strangury, and stone.

The two veines under the little toe, are good to purge the superfluitie of the matrice, and to heale Scrophuln, of the face and legges.

The two veines adioyning to the little toe, cure the apoplexie, yellow choler, palsy, and all diseases of the reynes.

The two veines in the lesser ioint of the little toe, are opened in curing of an olde cough, pustules, and Ophthalmia in the eyes.

The two veines in the middle toe, are good against the Scrophules, and diseases of the face, spots rednes and pimples, watering of the eyes, cankers, and knobs, and against the stopping of the floures. The veine on the left ioynt in the great toe, is good against Ophthalmia of the eyes, spots of the face and legs, yetch, and vlcers of euill complexion, and purgeth

superfluities of the matrice. Thus much I haue declared of the vtilitie of veines.

## FINIS.

The



# The booke of Chil- dren.



I begin a treatise of the cure of children, if should seeme expedient, that we should declare somewhat of the principles, as of the generation, they being in the wombe, the time of proceeding, the maner of the birth, the building of the Paull, setting of the members, Lanatomes vntions, swathinges, and entreatementes, with the circumstances of these and many other: which if I should reherse in particles, it should require both a longer time, and encrease into a greater volume. But for asmuch as the most of these things are very true and manifest, some pertaining onely to the office of a midwife, other for the reuerence of the matter, not meete to be disclosed to euery vile person: I intend in this booke to let them all passe, and to treat onely of the thinges necessary, as to remoue the sicknesses, wherewith the tender babes are oftentimes afflicted, & desolate of remedy, forsomuch many do suppose that ther is no cure to be ministered vnto the, by reason of their weaknes. And by that vaine opinion, yea rather by a folishe feare, they forsake many that might bee well recovered, as it shal appeare by the grace of God hereafter, in this litle treatise, when we come to the declaration of the medicines. In the meane season for continie of the matter. I entende to write somewhat of the nurse, and of the milk, with the qualities and complexions of the same, for in that consisteth the chiefe point and sum, not onely of the maintenance of health, but also of the fouming of infecting either of the wit or manners, as the Poet Virgil when he would describe an vncurtous churlishe, and a rude conditioned Tyraunt, did attribute the fault vnto the giuer of the milke, as in saying thus.

Nec tibi diua parens, generis nec Dardanus author,

Perfide, sed duris genuit te cautibus horrens Caucasus, bir-  
canaeque admorunt vbera tigres.



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For that diuine Poet being thoroughly expert in the p[ri]uities of nature, vnderstood right well how great an alteration euery thingtaketh of the humour, by the which it hath his aliment and nourishing in the youth, which thing also was considered and alledged of many wise Philosophers: Plato, Theophrastus, Xenophon, Aristotle, and Pliny, who did all ascribe vnto the nursement as much effect or more, as to the generation.

And Phauorinus the Philosopher (as writeth Aulus Gelius) affirmeth that if the lambs bee nourished with the milke of goates, they shall haue course well, like the haire of goates: and if kiddes in like maner sucke vpon sheep, the haire of them shalbe soft like well.

Whereby it doth appeare, that the milke and nourishing hath a marvellous effect in chaunging the complexion, as we see like wise in hearbes and in plantes, for let the seede of impes be neuer so good and pure, yet if they be put into an vnkind earth or watered with a noughty and vnwholesome humour, either they come not vpat all, or els they will degenerate and turne out of their kind, so that scarce it may appeare from whence they haue been taken: according to the verse. *Pomaque degenerant, succos oblita priores.*

Wherefore it is agreeing to nature, so is it also necessaries and comely for the owne mother to nurse the owne childe.

Which if it may be done, it shalbe commendable & most holysome, if not ye must be wel aduised in taking of a nurse, not of ill complexion & of worse manners: but such as shall be sober, honest and chaste, wel soured, amiable and cheareful, so that she may accustome the infante vnto mirth, no drunkard, vicious nor Anttish, for such corrupteth the nature of the childe.

But an honest woman, (such as had a man childe last afoze) is best not within two monethes after her deliuerance, nor approaching nere her time againe. These things ought to be considered of euery wise person, that wil set their childezen out to nurse.

Moreouer, it is good to look vpon the milke, and to see whether it be thicke and grosse, or to much thinne and watry, blacke

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kisse or blesse, or enclining to rednes or yelowe, for al such are unnatural and euill. Likewise when yee taste it in your mouth, if it be either bitter, salt, or sowre, ye may wel perceiue it is vnwholsome.

That milke is good, that is white and sweet, and when ye drop it on your naile, and do moue your finger, neither fleeteth a brode at euery stering, nor will hange faste vpon your naile, when ye turne it downward, but that which is betwene both, is best.

Sometime it chaunceth that the milke wasteth, so that the nurse cannot haue sufficient to sustaine the child, for the which I will declare remedies leauing out the causes for breuitie of time.

Remedies appropriate to the encreasing of milke in the breasts.  
**P**arsneppe rootes, & fenel roots sodden in broth of chickyns, and after ward eaten with a little fresh butter, maketh encrease of milke, within the breasts.

The pouder of earthworms dyed and dronken in the broth of an neates tongue is a singuler experiment for the same intent. Also the broth of an olde cocke, with mintes, cinomon and maces.

Rice also sodden in colwes milke, with the crums of white bread, fenel seede in pouder, and a litle suger is exceeding good.

Another good medicine for the same.

Take Chystal, and make it in white pouder, and mire it with as much fenel seede and suger, and vse to drinke it warm with a little wins.

A plaister for the encrease of milke.

Take fenel and Horehound, of euery one two handfals, Anise seede foure drams, saffron a scruple in pouder, sweet butter three ounces, seeth them in water and make a plaister to be laid vpon the nurses breasts.

These thinges haue propertie to augment the milke: dyll, Anise seede, fenell, chystal, Horehound, fresh cheese, hony, Lettuce, Beetes, Mintes, Carret rootes, Parsneps: the dugges, or vdder of a Cowe or a sheepe, Goates milke, blanched



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ched Almonds, Rye porrage, a colwes tongue dried and made in pouder, potched eggs, Saffron, and the iuyce of roasted beale dyonken.

Thus much of the nurse, and of the milke: now will I declare the infirmities of chilozen.

Although (as affirmeth Plinie) there be innumerable passions and diseases, whereunto the bodie of man is subiect, and as well may chaunce in the young as in the olde: Yet for most commonly the tender age of chilozen is chiefly vexed and grieved with these diseases following.

Apostume of the braine.

Swelling of the head.

Scalles of the head.

Watching out of measure.

Terrible dreames.

The falling euill.

The palsey.

Crampe.

Stiffenes of limmes.

Bloudshotten eyes.

Watring eyes.

Scabynesse and itche.

Diseases in the eares.

Peeking out of measure.

Wæding of teeth.

Canker in the mouth.

Quinsye or swelling of throte.

Cough.

Streightnesse of winde.

Feblenes of the stomacke and vomiting.

Heaving or hicket.

Colike & rumbling in the guts.

Flux of the belly.

Stopping of the belly.

Wormes.

Swelling of the nauill.

The stone.

Winding

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Wetting in bed.

Wasting.

Falling of the skinne.

Chaffing of the skinne.

Small pox and measels.

Feuers.

Swelling of the Coddies.

Sacer ignis or Chingles.

Burning and selding.

Rybbes.

Consumption.

Leannesse.

Goggle eyes.

### Of the apostumes of the braine.

**I**n the Filme that couereth the braine chaunceth often times Iapostumation and swelling, either of too much crying of the childe, or by reason of the milke immoderately hot, or excesse of heat in the bloud, or of colde fleume, and is known by these signes.

If it be of hot matter, the heade of the childe is unnaturallie swollen, red and hot in the feeling: if it come of colde matter it is somewhat swollen, pale and colde in the touching, but in both cases the childe cannot rest, and is ever loth to haue hys head touched, crieth and bereth it selfe, as it were in a frensy.

#### Remedy.

Make a bathe of mallowes, camomill, and lillies sodden with a sheepes heade, till the bones fall, and with a sponge or soft cloutes, al to bath the head of the childe in a cold apostume, with the broth hot as may be suffered, but in a hot matter, wet the broth luke warme, or in the cooling, and after the bath, set on a plaister thus.

#### A plaister.

Take fenugreke, camomill, wormewood. of every one an handfull, seeth them in a close vessell, till the thirde parte bee consumed, then stampe them in a mortar, and stirre them, to the which yee shall put of the same brothe againe enough to



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make a plaister with a little beane flower, yolkes of egges and Saffron, adding to them fresh butter or duckes greace sufficient, and apply it. In a colde matter let it lye a day: but in a hot cause ye must remooue euerie sixe houres.

### Offswelling of the head.

**I**nflation or swelling of the head, commeth of a windie matter, gathered betweene the skinne and the fleshe, and sometime betweene the fleshy & the bones of the scull, the tokens whereof are manifest enough to the sight, by the swelling or puffing vp, & pressed with the finger, there remaineth a pynt, which is a signe of winde and viscus humours, ye shal heale it thus.

#### Remedy.

First let the nurse auoide all things that engender winde, salt, or stinky humours, as beanes, peason, eeles, salmon, salt-fish and like: then make a plaister to the chilles heade after this fashon.

Take an handfull of fenell, smallach and dille, and seeth them in water in a close vessell, after ward stampe them, and with a little cummin, and oyle of bitter almonds, make it vp, and lay it often to the chilles head warme. In default of oyle almondes take goosgreace, adding a little vineger.

And it is good to bath the place with a soft cloth, or a sponge in the broth of these hearbes: Rue, time, maioram, isop, fenell, dille, cummin, Sal nitre, mint, radish rootes, rocket, or some of them, euer taking heede that there drop no portion of the medicines in the babes eyes, mouth, or eares.

#### Scalles of the head.

**T**he heads of children are oftentimes vlcered and scalbed, as well when they sucke, and then most commonly by reason of sharpe milke, as also when they haue besne weaned, and can goe alone. Sometimes it happeneth of an euill complexion of humours by eating of rawe fruite, or other euill meates, and sometime by long continuing in the sunne, many times by dropping of restie bacon, or of salt beefe on their bare heads.

Other whiles they be so bozne out of their mothers wombe,  
and

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and in all these is no great difficultie till the haire be growen, but after that, they require a greater cure, & a cunning hand, notwithstanding as God shall giue me grace, heere shall bee saide remedies for the cure of them, such as haue beene oftentimes approued wherein I haue entended to omit the disputations of the difference of scalles, and the humors whereof they do proceed, & will goe straight to the composition of medicines, following the good experience, here ensuing.

### Remedies for scalles.

If yee see the scalles like the shelles of oysters, blacke and dry, cleauing vpon the skinne, one within-an other, yee may make a fomentation of hot and moist hearbes, as fenugreeke, holihocke, beares bzech, linsced, and such other, sodden all or some of them in the broth of peters feet, and so to bath the sores, and after that apply a soft plaister of the same hearbes, with gorsegreace or butter, vsing this stil til ye see the scab remoued, and then wash it with the iuice of horehound, smallach, and betonie, sodden togeather in wine, and after the washing put vpon it powder of mirre, aloes, and frankencense, or holde hys head ouer a chafing dish of coles, wherin ye shall put frankencense and saunders in powder.

But if ye see the scabs be very sore and mattrie, with great paine and burning of the head, ye shall make an ointment to coole the matter thus.

An ointment to coole the burning of a fore head.

Take white lead & litarge, of euery one v drams, Lie made of ashes of a vine three drams, oyle of roses an ounce, ware an ounce, melt the ware first, then put to the oile and lie, with the rest, and in the ende. ii. yolkes of egges, make an ointment, and lay it to the head. This is the composition of Rasus.

An other ointment singuler for the same purpose.

Take Bettony, groundswell, plantaine, fumitory, and daisies, of euery one like much, stamp them, and mingle them with a pound of fresh swines greace, and let them stand closed in a moist place viii. daies to putrisie, then frie them in a pan, and



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and straine them into a cleane vessel, and ye shall haue a green ointment of a singuler operation for the saide disease, and to quench all vnkinde heates of the body.

Also ye must vse to shauē the head, whatsoeuer things ye do lay vnto it.

If there lacke the cleansings of the sores, and the Childe wearied, ye shall do well to make an ointment of a little turpentine, bulles gall, and hony, and lay vpon the sores. Also it is proued, that the vyne of a bull is a singuler remedie to mundifie the sores, and to loose the heares by the rootes, without any paine or perill.

The iuice also of mozell, daisie leaues and groundswell fried with greace and made in an ointment, cooleth all vnkinde heates and pustules of the head.

Here is to be noted, that during this disease in a sucking childe, the nurse must auoide all salt, and sower meates that engender choler, as mustarde, vineger, and such; and all manner fruites, (except a pomgranade) and she must abstaine in this case, both from egges, and from other kinde of white meates in generall, and aboue all she may eate no dates, figs, nor purcelane, for many holde opinion that Purcelane hath euill propertie to bzeede scabbes and blicers in the head.

Howeuer the childes head may not be kept too hot, for that is oftentimes the cause of this disease.

Sometimes it chaunceth that there bzeedeth in the head of children as it were litle wartes or knobbes some what harde, and can not be resolued by the saide medicines. Wherefore when ye see that none other thing will helpe, ye shall make a good ointment to remooue it, in manner as heereafter is declared.

An excellent remedy for wartes or knobbes  
of the head.

Take Litarge and white lead, of ech a like quantity, byrmstone and quicksiluer quenched with spittle, of each a lesse quantitie, twice as much oyle of roses, and a spoonefull or two of vineger, mixe them altogether, on a sparle till they be an ointment

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ointment and lay it on the head, and when it hath bene dry an houre or twoo washe it off with water, wherein was sodden maioram, fanozy and mints, vse it thus thwice a day, morning and euening, till ye see it whole. This thing is also good in all the other kind of scalles.

### Of watching out of measure.

**S**leep is the nourishment and foede of a sucking child, and as much requisite as the verie teate, wherefore when it is deppriued of the naturall rest, all the whole body falleth in distemper, crudity and weakenes: it proceedeth commonly by corruption of the milke, or to much aboundance, which ouerladeth the stomacke, and for lack of good digestion, vapours, and fumes arise vnto the head, & infect the bryains, by reason wherof the child cannot sleep, but turneth and bereth it selfe with crying.

Therefore it shalbe good to prouok it to a natural sleep thus, according to Rasis.

Annoint the foreheade and temples of the child, with oyle of violets and vineger, putting a drop or two in the nozethilles, and if ye can get any sirrup of poppie, giue it the child to lick, and then make a plaister of oyle of Saffron, lettuce, & the iuice of poppy, or wet clouts in it, & lay it ouerthwart the temples.

Also the seedes and the heades of poppy, called Chesbulles, stamped with rosewater, and mixt with womans milke, and the white of an egge, beat al together and made in a plaister causeth the childe to receiue his naturall sleepe.

Also an ointment made of the seede of poppy and the heades, one ounce, oile of lettuce, & of poppy, of eche two ounces, make an ointment and vse it.

They that cannot get these oyles may take the hearbes, or iuyce of lettuce, purcelane, houseleke, and poppy, and with womans milke, make a plaister, and lay it to the forehead.

Oyle of violets, of roses, of Penuphar are good, and oyle of populeon, the broth of mallowes sodden, and the iuice of water plantaine.



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Of terrible dreames and feare in the sleep.

**O**ftentimes it happeneth that the childe is afraide in the sleep, and sometimes waketh sodainly, and sterteth, sometime shrieketh and trembleth, which defect commeth of the arising of stinking vapours out of the stomack into the fantasie and senses of the braine, as yee may perceiue by the breath of the childe: wherfore it is good to giue him a litle hony to swallow, and a litle powder of the seedes of Pionie, and sometimes triacle, in a litle quantity with milke, and to take heed that the childe sleep not with a full stomack, but to beare it about waking, til part be digested, and when that it is laid, not to rocke it much, for ouermuch shaking letteth digestion, and maketh the childe many times to vomit.

The falling euill called in the greeke tongue epilepsia.

**N**ot onely other ages but also litle children, are oftentimes afflicted with this grienous sicknes, sometime by nature receiued of the parents, & the it is impossible, or difficult to cure, sometime by euil and vnhollesome diet, wherby ther is engendred many colde and moist humours in the braine, whereupon this infirmite proceedeth, which if it bee in one that is young and tender, it is very hard to be removed, but in them that are somewhat stronger, as of seauen yeares and vpwarde, it is more easie.

I finde that many things haue a natural vertue againste the falling euil, not of any quality elemental, but by a singular property, or rather an influence of heauen, which almighty God hath giuen vnto things heere in earth, as by these and other.

Saphires, Smaragdes, red coral, Pionie, Pistletowe of the Oke, taken in the moneth of March, and the moone decreasing Time, Sauein, oil, and the stone that is found in the belly of a young swallow, being the first broode of the dam. Whose or one of them, hanged about the necke of the childe, saueth and preserueth it from the said sicknes. Now wil I describe some good and wholsome medicines to be taken inward for the same disease.

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If the childe bee not very young, the maiw of a Leueret, dronke with water and hony cureth the same.

A medicine for the falling sicknesse.

Take the roote of Biony, and make it into poudre, and glue it to the childe to licke in a litle pappe and suger.

They that are of age, may eate of it a good quantitie at once and likewise of the blacke seedes of the same Biony.

Item the purple violets that creepeth on the ground in gardens with a longe stalk, and is called in english Hartesease dronken in water, or in water & Hony, helpeth this disease in a young childe.

Moreover the muscle of the oke rased and giuen in milke, or in water and hony, is good.

Also ye may kil a water, of the flowers of lind, it is a free called in Latin Tili, the same wherof they make ropes & halters of the bark, take the same flowers and distill a water, and let the patient drinke of it now and then a spooneful, it is a good remedy.

Item the roote of the sea thistle called Erigum in latin, eatē in broth or dronken is exceeding good.

Some write that Cicory, is a singuler remedy for the same disease. It is ment by wilde Cicory, growing in the cornes.

The flowers of Rosemary, made in a Conferua hath the same effecte in curing this disease.

I could declare many other remedies comended of authors, but at this time these shalbe sufficient.

Now I will entreate somewhat of the palsey.

Of the Palsey or shaking of members.

The cure of the palsey in a childe, is not like to that which is in elder age, for the sinues of a childe be very nesh & tender, and therfore they ought to haue a much weaker medicine, euermore regarding the power of the sicknes, and the vertue or debilitie of the griened patient.

For sometimes the childe cannot lift neither legs nor armes, which if it happen during the sucking, than muste the



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nurse vse a diet enclining to hot and dry, and to eate spices, as Galingale, Cinamon, Ginger, Maces, Nutmigs, and such other, with roasted and fryed meates, but abstaine from milke and al maner fish. And it shall be good for her to eat, an electu-  
aris made after this sort. Take mints, Cinamon, Cummin, rose leaues dyed, Gassike, Fenugrek, Valerian, Amess Do-  
ronist, Zedoary, clones, Saunders and Ligum aloes, of ene-  
ry one a dram, Muske half one dram, make an electuary with  
clarified hony, and let her eate of it, and giue the child as much  
as halfe a nut every day to swallow.

### A plaister.

Take an ounce of ware, and a dram of Euphorbium, at the  
potecaries, and temper it with Oyle Olive on the fire, and  
make a serecloth, to comfort the backe bone, and the sinewes..

A goodly lauatory for the same purpose.

Take lie of ashes, and seeth therein baiburies, and a smuch  
pionie seedes, in a close vessell, to the third parte, and wash the  
child often with the same.

Item a bath of sauerie, Pairoam, time, sage, nepte, snail-  
lage, and mints, or some of them is very good and wholesome.

Also to rubbe the backe of the childe and the limmes, with  
oyles of roses and spike, mirt together warm, and in steede of  
it ye may take oile of baies.

### Of the Crampe or spasmus

**T**his disease is often seene among childe, and commonly be-  
ry lightly, as of debilitie of the nerues and coldes, or els of  
grose humours, that suffocate the same. the cure of the which is  
declared of authoys to be done by frictions and ointments that  
comfort the sinowes and dissolve the matter, as oyle of floure-  
deluice, with a little Anise, Saffron, and the rootes of  
Rioni.

Item oyle of Camomill, Fenugreke and Pellilote, or the  
herbs sodden, Betony, wormelwood, beruein, and time, are ex-  
ceeding good to wash the childe in.

Item the playster of Cuphorbium, written in the cure of  
palsey.

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Of the stiffness or starcknes of limmes.

**S**ometimes it happeneth that the lims are starke, and cannot well come together without the greater paine, which thing proceedeth many times of cold, as when a childe is found in the frost, or in the streete, cast away by a wicked mother, or by some other chaunce, although I am not ignorant that it may proceede of many other causes, as it is saide of Rasis, and of Arnoldede villanova, in his booke of the cure of infants.

And here is to be noted, a wonderfull secret of nature, many times approued, written of Auicen in his first Canon, and of Celsus Antiquarum electionum lib. 13 Capit. 37 that when a member is utterly benumbed and taken through cold, so that the patient can not feele his lims, nor moue them according nature, by reason of the vehement congelation of the blood, into such case the chiefest helpe or remedie is not to set them to the fire to receiue heat, for by that meanes, lightly we see that euery one swoneth and many die out right, but to set the feete, legges, and armes, in a pale of cleere colde water, which immediately shall dissolue the congelation, and restore the blood to his former passage and freedom, after that ye may lay the patient in a bed to sweat, and giue him hot drinke and caudels or a tolets of a Capon hot, with a little cinamon and saffron, to comfort the hart. An argument of this cure ye may finde thus.

When an apple or a peare is frozen in the winter, set it to the fire, and it is destroyed: but if ye put it into colde water, it shall as well endure as it did afore, whereby it doth appeare, that the water resoluerh colde, better with his moisture, then the fire can do by reason of his heate: for the water relenteth, and the fire dwarth and drieth, as affirmeth Galen in his booke of elements.

Whitherto haue I declined by occasion, but I trust not in vaine to the reader, wote to my purpose.

When a young childe is so taken with a colde, I esteeme it best for to bath the bodie in luke warme water, wherein hath been sodden sparrowm and time, isop, sage, mintes, and such other good and comfortable hearbes, then to reliue it with



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meates of good nourishment, according to the age and necessitie, and if neede bee, when ye see the limmes yet to be starke, make an ointment after this forme.

An ointment for stiffe and stained limmes.

Take a good handfull of nettles, and stamp them, then seeth them in oyle to the third parte in a double vessell, keepe that ointment in a drie place, for it will last a great while and it is a singuler remedy for the stiffness that cometh of colde, and who so annointeth his hands and feet with it in the morning, shall not be grieved with colde all the day after.

The leaves of nettles gathered in harvest and kept for the same intent, is exceeding good sodden in oyle, or fried with swines greace, which thing also is very good to heale the kibes of heeles, called in Latine Perniones. The urine of a goat with the dung stamped and laide to the place, resolucth the stiffness of limmes.

When the cause cometh not by extreame cold, but of some other affection of the sinowes and cordes, it is best to make a bath or a fomentation of hearbes that resolve and comfort the sinowes, with relaxation of the grosse humours, and to open the pores, as by example thus.

Take Mallowes, hollihocke and dyll, of ech a handfull or two, seeth them in the water of Metes sette, or in broth of flesh without salte, with a handfull of bryanne and cummin, in the which ye shall bathe the childe, as warme as hee may suffer, and if ye see necessitie, make a plaister with the same hearbes and lay it to the grieft with a little goosgreace, or duckes greace, or if it may be got, oyle of camomill, of lillies, and of dill, clothes wet in the sayde decoction, and layde about the members helpeth.

Of bloudshoten eies and other infirmities.

Sometime the eies are bloudshoten, and otherwhyles increasing a filthie and white humour, contriving the sight: the cause is often of too much crying, for the which it is good to droppe in the eies a little of the juice of nightshade, otherwys called morell, and to annoint the face head with the same, and

if

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if the eie swell, to wette a cloth in the iuice, and the white of  
eggs, and lay it to the grieve. If the humoꝝ be clammysh and  
tough and cleaueth to the corners of the eies, so that the childe  
cannot open them after his slepe, it shalbe remoued with the  
iuyce of housleake, dropped in the eie with a feather.

When the eie is bloudshoten and red, it is a singuler re-  
medy to put it in the bloud of a yong pigion, or a dove, or a par-  
trich, either hot from the birde, or els dried and made in pow-  
der, as subtil as may be possible.

A plaister for swelling and paine of the eies.

Take quincies and crums of white breads, and seeth them  
in water till they be soft, then stampe them, and with a lyttle  
saffron and the yolkes of two eggs, make a plaister to the childe  
eyes and forehead. Yee may let him also receiue the fume of  
that decoction. It is also good in the megrim: if yee will haue  
further, looke in the Regiment of life, in the declaration of  
paines of the head.

### Of watring eies.

If the childe eies water ouer much, without crying, by rea-  
son of distillation comming from the head, Monardus tea-  
cheth a goodly plaister, to restraine the runnes, it is made thus.  
Warts horne brent in powder, and washed twise, Guaiacum, or  
therwise called Lignum sanctū, Corticumthuris, Antimonie,  
of each one part, muske the third part of one part, make a fine  
pouder and vse it with the iuice or water of fenell. These  
things haue vertue to staunch the running of the eies. The  
shelles of mayles bront, the fiske that is found in the bugs of  
kine, phylypendula, Frankensence, and the white of an egge  
laide vpon the forehead, slewoyte, or the water wherein it is  
steeped, turie, the water of buddes of oke stilled, beane flower  
finely sifted, and with the gumme of a cherrie tree steeped in  
vineger, and layde ouer all the temples.

### Of scabbines and yteh.

Sometime by reason of excesse of heate, or sharpenes in the  
milke, through the nurses eating of salt and eger meates,

it



## The booke

it happeneth that a childe is seene full of ytch by rubbing, fretting, and chafing of it selfe, encreasing a scabbe called of the Greekes Psora: which thing also chaunceth vnto many after they be weaned, proceeding of salt and a dust humours the cure whereof differeth in none other, but according to the difference of age, for in a sucking babe the medicines may not be so sharp, as it may be suffered in one that is already weaned. Against such unkind ytch, ye may make an ointment thus.

Take water of betony, two good handfulls, dayssie leaues, and Alechofe other wise called Tudnour or ground iuie, of each one handfull, the red docke rootes, two or three, stampe them altogether, and grinde them wel, then mingle them with fresh greace and againe stampe them.

Let them so stand viii. daies to putrefie till it be hoare, then fry them out and straine them and keepe it for the same intent.

This ointment hath a great effect both in young and olde, and that without repercussion or driving backe of the matter, which should be a perillous thing for a young childe.

The hearbe water betony alone, is a great medicine to quench all unkinde heats without danger, or the seething of it in cleare well water, to annoint the members. It is a common hearbe and groweth by Riuers sides, and small running waters, and wet places, arising many times the height of a man out of the ground, where he reioyceth, with a stalkes foure square, and many branches on every side and also it beareth a whitish blew flower very small, and in harvest it hath innumerable seedes, blacke, and as fine as the seedes of Cuttane or les, the leaues bigge and long according to the ground, full of inice, iagged on the sides like a Saw, even as other betony, to whome it approacheth in figure, and obeyneth his name of water Betony. The saueur of the leafe is somewhat heauie, most like to the saueur of elders or Wallwoort, but when it is brused it is moze pleasant, which thing enduceth me to vary from the mindes of them that thinke this hearbe to be Galiofis in Dioscorides, written of him that it shoulde stinke when it is stamped, but the moze this hearb is stamped, the

## Of Children.

the moze sweet & hearblike it sauoureth:therefoze it cannot be Galiopsis, and besides that, it is neuer found in dry and stonie ground as that Galiopsis is. Neither is this hearb mentioned of the new or old authoꝝ, as far as I can see, but of onely Vigo, the famous surgion of our time in Italy, which writeth on it, that this herbe exceedeth all other in a malo mortuo (so calleth he a kinde of leproy Elephantike, or an vniuersal & filthy scabbe of all the body:) and in like maner he saith it is good for to cure a canker in the breasts. We may read these things in his second Booke, Capitulo, third: and his fift book of the French pocks, in the thirde chapter, where he doth describe this aforesaid herb with so manyfest tokens, that no man wil doubt it to be water betony, conferring the booke and the herb duly together. Poze-ouer he nameth in Italy a brydge wherin groweth in the water in great aboundance and is called of that nation Alabeueratore which indeede the Italians that come hither and knowe both the place and the herb do affirme plainely, it is our water betony. And wheras he aledgeth Dioscorides inclineno, which by contemplation of both hath but small affinitie or none with this herb, it was for nothing els but lack of the tongues, which fault is not to bee to highly rebuked in a man of his study, applying himself moze in the practise of surgery, and to handy operation, wherein indeede he was neere incomparable, then he did to search the variaunce of tongues, and rather regarded to declare the operation of things with trueth, then to dispute by on the properties or names with eloquence. Thus haue I declined again from my matter, partly to shewe the description of this wholesome hearb, partly to satisfie the mindes of the surgions in Vigo, which haue hitherto red the said places in vain, and furthermoze because there is yet none that declareth manifestly the same hearb.

An other remedy for scabs and itche.

Take the roots of dockes, & fry them in fresh grese, the put to a quantity of bymstone in pouder, & vse to rub the places twice or thise a day. Bymstone poudered & supped in a rere ege, healeth the scabs, which thing is also very good to destroy worms.



## The booke.

An goodly sweet sope for scabbies and itche.

Take white sope halfe a pounce, and stepe it in sufficient rose water, till it bee well soaked, and sette them in freshe greace to putryfie then take two drammes of mercury sublimed, dissolve it in a little rosewater, labour the sope and the rosewater well together, and afterward put it in a little muske, or Cinete, and keepe it. This sope is exceeding good to cure a great scab or itche, and that without perill, but in a childe it shal suffice to make it weaker of the mercury.

Another approued medicine of scabbies and itche.

Take Fumitory, docke rootes, Scabious, and the roote of walwort, stampe them all then fry them and straine them, in which licour ye shall put turpentine a little quantitie, Bismarck stone and frankensence very finely poudered and sifted a portion, and with sufficient waxe make an ointment on a soft fire: this is a singular remedie for the same purpose. But in this cure ye ought to giue the child no egges, nor any eager or sharp meate, & the nurse also must auoide the same, and not to wrap it in too hot, and if neede be, to make a bath of Fumitory, Gentian, Fetherfewe, Tansy, Wormewood, and sage alone, if ye see the cause of the itche or the scabbe to bee wormes in the skin, for a bitter decoction shal destroy them, and drye vpe the moistures of the sores.

Of disease in the eares.

**M**Any diseases happen in the eares, as paine, apostums, swellings, tinkling and sounde in the heade, stopping of the organs of hearing: water wormes, and other infortunes gotten into the eares, wherof some of them are dangerous & hard to be cured, some other expelled of nature without medicine. Remedy for paine in the eares.

For paine in the eares without a manifest cause, as often chaunceth, it is a singular remedie to take the chest wormes, that are found vnder barks of trees, or in other stumps in the ground and wil turne round like a pease, take of them a good quantitie, and seeth them in oyle, in the rind of a Pomgranade on the hot imbers, that it bezen not, and after that straine it & put into the

## Of Children.

the eares a drop or two luke warme, and then let him lie bp on the other eare, and rest, yee may giue this to all ages, but in a childe ye must put a very little quantity.

Another.

The hame or skin of an adder or a snake, that thee casteth boiled in oyle, and dropped into the eares, easeth the pain, and it is also good for an eare that mattereth, mingled with a little hony, and put in luke warme.

It is also good to drop into the eares the iuice of Organy and milke.

For swelling vnder the eares.

Painters oyle, which is oyle of lincseede, is exceeding good for the swelling of the eares, and for paine in the eares of all causes. Item a plaister made of lincseede and dyll, with a little duckes grese and hony. If ye see the apostume breake, and run, ye may cleuse it with the iuice of smallache, the white of an eg, barley flower and Hony, which is a common plaister to munde a sore.

When the eares haue receined water or any other licour, it is good to take and stampe an onion, and wring out the iuice with a litle gosegrese and drop it hot into the eares as it may be suffered, and lay him downe on the contrary side an houre, after that cause him to rise, if his age will suffer with a little pellitory of Spaine, or necting powder, & then encline his eare downward that the matter may issue.

For wormes in the eares,

Take mirre, aloes, and the seede of Colocinthes, called coloquintida of the Apotecaries, a quantity of eche, seeth them in oile of roses and put a litle in the eare, Mirre hath a great vertue to remoue the stench that is caused in the eares by any putrefaction and the better with oyle of bitter almonds, or ye may take the iuice of wormwood with hony and salt peter.

For winde in the eares and tinkling.

Take mirre, spikenard, Cummin, Dil, and oile of camomil, and put a drop in the eares. They that haue not al these, may take some of them, and apply it according to discretion. To a mēd beaffenes, ye shal make an ointmēt of an Hares gal, & the



## The booke.

Grese or dropping of an eie, which is a soueraine thing to recover hearing.

Of needling out of measure.

**V**When a child needeth out of measure, that is to say, with a long continuance & therby the braine and vertues animal be feebled, it is good to stop it, to auoide a further inconvenience.

Wherefore ye shal anoint the head with the iuyce of Purse-lane sozel, & nightshade, or some of them, and make a plaister of the white of an egge, and the iuce, with a litle oyle of roses, and emplaister the foreheade and temples, with the milke of a woman, oile of roses, and vineger a litle.

If it come of cold reume, ye shall make a plaister of massike, frankensence mir, wine, and apply it to the former part of the head: A some of the same receiued in flax, & laid upon the childs head, is hole some.

Breeding of teeth.

**A**bout the seventh moneth, sometime moze sometime lesse, after the birth, is is naturall for a child for to breede teeth, in which time many one is sore vexed with sundry diseases & pains, as swelling of the gummes and iaues, vnquiet crying: feuers, cramps, palsies, fluxes, reumes, & other infirmities, specially, when it is long or the teeth come forth, for the sooner they appeare, the better and the moze ease it is to the child. There be diuers thinges that are good to procure an easie breeding of teeth, among whom the chiefest is to anoint the gums, with the brains of an Hare, mixt with as much capons grese and hon y, or any of these thinges alone, is exceeding good, to supply the gums & the sinewes. Also it is good to washe the child two or three times in a week, with warm water, of the decoction of camomil, holihock, and dill. Fresh butter with a litle barley flower, or Hony, with the fine polder of frankensence & liquorice, are commended of good authoys for the same intent. And when the pain is great, & intollerable, with apostume or inflammation of the gumpis, it is good to make an ointment with oile of roses with the iuce of mozel, other wise called nightshade, and  
in

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In lacke of it, annoint the iawes within, with a little fresh butter and hony.

For lacke of the hares bzaine, ye may take the conies, for they be also of the kindes of hares, and called of Plinie Dasipodes, whose maues are of the same effect in medicine, or rather moze then it is witten of authours, of the maues of hares.

If ye see the gummies of the childe to apostume, or swel with soft flesh, full of matter and painefull, the best shalbe to anoint the soze place with the bzaine of an hare, and capons greace equallie mirt togeather, and after that you haue used this, once or twice, annoint the gummies and apostumations with hony.

Thirdly if this helpe not, take turpentine mirt with a litle hony in equall portion. And make a bathe for the heade of the childe, in this forme following.

Take the flowers of camomill and dyll, of ech an handfull, seth them in a quart of pure running water, until they be tender, and wash the head afoze anie meate, euery morning, for it purgeth the superfluitie of the bzaines, through the seames of the skull, and withdza weth humours from the soze place, finally comforteth the bzaine and all the vertues animall of the childe.

To cause an easie bzæding of teeth, many things are reher sed of authours, besides the pzemisses, as the first cast toothe of a colt, set in siluer and bozne, or red corall in like manner hanged about the necke, whereupon the childe shoulde oftentimes labour his gums, and many other like, which I leaue out at this time to auoide tediousnes onely content to declare of this corall, that by consent of all authours, it resisteth the force of lightning, helpeth the children of the falling euill, and is very good to be made in pouder, and dzonken against al manner of bleeding of the nose or fundament.

Of canker in the mouth.

Many times by reason of the corruption of the milk, venomous vapours arising from the stomacke, and of manie other infortunes, there chaunceth to bzæde a canker in the mouthes of children, whose signes are manifest enough, that



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is to say by stinking of the mouth, paine in the place, continuall running of spittle, swelling of the cheeke, and when the mouth is opened against the sunne, yee may see clearely where the canker lieth. It is so named of the latter sort of phisitions, by reason of crosing and eating forward and backward, and spreadeth it selfe abroade, like the fete of a Crenisse, called in latine Cancer, notwithstanding, I knowe that the Greekes, and auncient Latines, give other names unto this disease, as in calling it an vicer, otherwhiles Aphthe, nome, carcinoma, and like, which are all in english known by the name of canker in the mouth, and although there be many kindes according to the matter whereof they bee engendred, and therefore require a diuersity of curing, yet for the most part, when they be in children, the cure of them all differeth very little or nothing, for the chiefe intent shalbe to remoue the malignitie of the soze, and to drie vp the noysome matter and humours, then to mundifie and heale, as in other kindes of vicers.

Remedies for the canker in the mouth of children.

**T**Ake drie red roses, & violets, of ech a like quantitie, make them in pouder, and mixe them with a little honie, thys medicine is very good in a tender sucking childe, and manie times healeth alone without any other thing at all. But if yee see there be great heat and burning in the soze, with exceeding paine, yee shall make a iuice of purcelane, lettice and nightshade, and wash the soze with a fine peece of silke, or drie it in with a spout, called of the surgions a spring. This by the grace of God, shall abate the burning, aswage the paine, and kil the venom of the vicer. But if ye see the canker yet increase with great corruption and matter, ye shall make an ointment after this maner.

Take mirre, galles, wherewith they make ynke, or in default of them oken apples dried, frankenscence of ech a like much, of the blacke berries growing on the bzambles taken from the bush while they be green the iiii. part of all the rest, make them all in pouder, and mixe them with as much honie and saffron, as is sufficient, and vse it.

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A stronger medicine for the canker in the mouth of children.

Take the roote of Celidoni dyed, the rinde of a pomgranad, red corall in poudre, and the poudre of a harts horne, of each a like, roche alum a little. First wash the place with wine, or warme water, and honie, and after ward put on the aforesaide poudre very fine and subtil.

Another singuler medicin for the cāker in the month of al ages.

R. Hype, sage, rue, of each one good handfull, seeth them in wine and water to the thirde part, then straine them out, and put in it a little white coppozose, according to necessitie : that is to say, when the soze is great, put in the more, when it is small, ye may take the lesse, then ad to it a quantitie of honye clarified, and a spoonefull or two of good aqua vitæ, wash the place with it, for it is a singuler remedy to remoue the malice in a short while, which done, ye shall make a water incarnatiue and healing thus. R. Ribwort, bitony, and daisies, of ech an handfull, seeth them in wine and water, & wash his mouth two or thre times a day with the same iuice. Moreover some write that chrystal made in fine poudre, hath a singuler vertue to destroy the canker, and in like maner the poudre of an harts horne bzent with as much of the rinde of a pomgranade and the iuice of nighshade, is very good and hole some.

Of quinsie and swelling of the throte.

**T**he quinsie is a dangerous sicknes both in young and old, called in latine Sangina, it is in an inflammation of the necke, swelling and great paine, sometimes it lyeth in the very throte, vppon the wesaunt pipe, and then is it exceeding perilous, for it stoppeth the bzeath, and strangleth the patient anon: otherwhiles it breaketh out like a bonch on the one side of the necke, and then also with great difficultie of bzeathing, but it choketh not as soone as the first doth, and it is more obedient to receiue curation. The signes are apparant to sight, and besides that the childe cannot crie, neither swallow, down his meate and drinke without paine. Remedy.

It is good to annoint the grieve with oyle of dyl, or oyle of camomil, and lillies, & to lay vpon the head, hot clouts dipt in the waters.



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waters of rosemary, lauender, and sauerie. The chiefest remedie commended of authours in this outrageous sicknesse, is the pouder of a swallowe bzent with feathers and all, and mixt with honie, whereof the pacient might swallow downe a little, and the rest annointed vpon the paine. They praise also the pouder of the childes dung to the childe, and of a man to a man, bzent in a pot, and annointed with a little hony. So make a compound ointment of both, the receit is thus. R. of the swallow bzent one portion, of the second pouder another, make it in a thicke soyme with honie, and it wil endure long for the same intent.

Item an other experiment for the quinsy and swelling vnder the eares. Take the musherom that groweth vppon an elder tree, called in english Jewes eares (for it is indeed croncled and flat, much like an eare) heate it against the fire and put it hot in anie drinke, the same drinke is good and holesome for the quinsy. Some hold opinion, that who so vseth to drinke with it, shall neuer be troubled with this disease, and therefore carrie it about with them in iournies.

### Of the Cough.

The cough in children for the most part proceedeth either of colde or by reason of reumes, descending from the heade into the pipes of the lungs or the breast: and that is most commonly by ouermuch aboundance of milke corrupting the stomacke and bzaine: therefore in that case, it is good to feede the childe with a moze slender diet and to annoint the head ouer with honie, and now and then to presse his tongue with your finger, holding downe his head that the reumes may issue, for by that meanes the cause of the cough shall runne out of his mouth, and auoide the childe of many naughtie humors: which done, many times the pacient amendeth without any further helpe of medicine.

### For the cough in a childe.

Take gumme arabike, gumme bzagagant, quince seedes, liquoize and penidies, at the apothecaries, bzeake them altogether, & giue the childe to sup a little at once, with a draught  
of

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of milke new warme, as it commeth from the colw. Also stamp blanchéd almonds, and wyng them out with the iuice of fenell, or water of fenell, and giue it to the childe to feede with a little suger.

Against the great cough and heate in the body.

The heades of white poppy, and gum Dragagant, of eche a like much, long Cucumer seedes, as much as all, seeth them in whay, with Raisins and suger, and let the child drinke of it twice or thise a day luke warme or colde.

Of straitenes of winde.

**A**gainst the straitnes of bzeathing, which is no quinsy, the consent of authours do attribute a great effect, to limescede made in pouder, & tēpered with hony, for the child to swallow down a litle at once. I finde also that the milk of a mare newly receiued of the child with suger, is a singuler remedy for the same purpose. Which thing moreouer, is exceeding hole some to make the belly lare without trouble.

Of weakenes of the stomack and vomiting.

**M**any times the stomacke of the childe is so feeble that it cannot retaine either meat or drinke, in which case and for all debilitie thereof, it is very good to washe the stomacke with warme water of roses, wherein a little muske hath bene dissolued, for that by the odour and natural heat giueth a comfort to all the spiritual members.

And then it is good to rost a Quince tender and with a litle pouder of Cloues & suger to giue it to the childe: To eat conserua Quinces, with a litle cinamon and cloues, is singuler good for the same intent. Also ye may make a iuce of Quinces and giue it to the childe to drinke with a little suger.

An ointment for the stomack.

Take gallia muscata at the Potecaries xx. grain weight, mirre a very litle, make it vp in ointment fourm, with oile of mastike and water of roses sufficient, this is a very good ointment for the stomack.

An other singuler receipt.

Take mastike, Frankensence, & dry red roses, as much as is sufficient, make them in pouder, and temper them vp with  
the



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the iuce of mints, and a spooneful of vineger and vse it.

An other.

Take wheat flour & parch it on a pan, til it begin to bren & waxe red, then stamp it in vineger, & ad to it the yolkes of two eggs hard rosted, Mastike, Gum, and frankensence sufficient, make a plaister and lay it to the stomack.

To recouer an appetite lost.

Take a good handful of ranke & lusty reu and seeth it in a pint of vineger to the iii. part of les, and make it very strong, wherof if it be a child, ye may take a tolke of brawn bread, and stamp it with the same vineger & lay it plaister wise to the stomack & for a stronger age besides the plaister, let him sup morning & euening of the same vineger. This is also good to recouer a stomack lost, by coming to a fire after a long iourney, and hath also a singuler vertue to restoze a man that sowneth. An experimē: ofte approued of Rasis for the vomit of childre. Rasis a solenne practitioner among phisitions, affirmeth that he healed a great multitude of this disease, onely with the practise following. Which he taketh to be of great effecte in all like cases. First he maketh as it were an electuary of Apotecarie, stufte, that is to say, Lignum aloes, Mastike, of euery one halfe a dram, galls, half a scruple, make a lectuare with sirrup of roses, & Gallia muscata & suger. Of this he gaue the children to eate a very litle at once and often. Afterward he made a plaister thus. R. Mastike, aloes, floss, galls, frankensence, & bzent bread, of eche a like portion, make a plaister with oyle & sirrup of roses to be laid to the childes stomacke hot.

Another ointment for the stomacke, described

of Wilhel. Placentino.

Take oyle of Mastike oz of Wozmewood two ounces, war, three ounces, cloves, macis, & Cinamon, of eche three drams, make an oymntment adding in the end a litle vineger.

The yolke of an egge hard rosted, mastike, frankensence and gum, made in a plaister with oyl of Quinces, is exceeding good for the same purpose. Of yeaxing or hicket.

It chaunceth often times that a childe yeareth out of measure: wherof it is expedient to make the stomack sicker afore it.

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it be to be fed, and not to replenish it with too much at once, for this disease commonly proceedeth of fulnes, for if it come of continuance, or of sharp humours in the mouth of the stomacke, which is seldom seen, the cure is then very difficult & dangerous.

### Remedy.

When it cometh of fulnes that a child yeareth incessantly without measure, and that by a long custome, it is good to make him vomit with a sent ror by some other light meanes, that the matter which causeth the yeating, may issue & uncomber the stomacke, that done, bring it a sleep, and vse to anoint the stomacke with oiles of Castor, spike, camomil, and Dil, or two or thre of them, ioined together warm.

Of colike and rumbling in the guts.

**P**aine in the belly is a common disease of children, it cometh either of worms, or of taking cold, or of euil milke, the signes therof are too wel known, for the child cannot rest but creepeth and fretteth it self, and many times cannot make their vyne by reason of winde th it oppzesseth the necke of the bladder, and is knowen also by the member, in a man child, which in this case is alway stiffe, and picking, moreover, the noyse and rumbling in the guts, hither & thither, declareth the child to be grieved, with winde in the belly, and colike.

Cure.

The nurse must auoide al manner of meats, that engender winde, beanes, peason, butter, harbegs, and such: Then wash the childes belly with hotte water, wherein hath bene sodden cummin, Dill and fenell, after that make a plaister, of oyl and wax, and clap it hot vpon a cloth vnto the belly.

Another good plaister for the same intent.

Take good stale Ale, and freshe butter, seeth them with an handful of cummin poudered, and after put it altogether into a swines bladder, and binde the mouth fast, that the licour yssue not out, then winde it in a cloth, and turn it vpon and down vpon the belly as hot as the paciēt may suffer, this is good for the colike after a sodaine colde in all ages, but in children yee must beware ye apply it not too hot.



## The booke.

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### Of flux of the belly.

**M**Any times it happeneth, either by taking colde, or by reason of great pain in breeding of teeth, or els through salt and eager fleum or choler engendred in the body, that the childe falleth into a sodaine lax, which if it long continue and bee not holpen, it may bring the pacient to extream leanes & consumption: wherefore it shall be good to seeke some hole some remedie, and to stop the running of the flux thus.

### Remedy for the flux in a childe.

First make a bath of herbs that do restrain, as of Plantain, saint Johns weede, called Ipericon, Knotgrasse, Bursa pastoris and other such or some of them, and use to bath him in it, as hot as ye may wel suffer, then wrap him in with clothes, and lay him downe to sleep.

And if ye see by this twise or thrise using that the belly bee not stopped: Ye may take an egges yolke harde roasted, & grind it with a little saffron, Mirre and wine, make a plaister, and apply to the navill hot. If this succede not, then it shall be necessary for to make a powder to giue him in his meate, with a litle suger, and in a small quantity thus. Take the powder of Harts horne bzent, the powder of Goates claws, or of swines claws bzent, the powder of the seedes of roses which remayne in the berry when the rose is fallen, of euery one a portion, make them very fine, and with good red wine or almon milk, and wheat flower, make it as it were a passe, and dry it in little balles til ye see necessity, it is a singular remedie in al such cases.

Item the milke wherein hath bin sodden white paper, and after ward quenched many hot yrons or gads of Steele, is exceeding good for the same intent to drinke.

And here is to be noted, that a naturall fluxe is neuer to be feared afore the seauenth day, and except there issue blood, it ought not to be stopped afore the said time.

Powder of the herbe called knotgrasse, or the iuce therof in a posset dronken, or a plaister of the same herb, and of bursa pa-

storis,

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floris, Bole armonie, and the iuice of plantaine with a litle vinegar, and wheat floure is exceeding good for the same cause.

Also the rinde maue of a young sucking kid giuen to the childe, the weight of tenne graines, with the yolke of an egge soft roasted, and let the pacient abstaine from milke by the space of two houres befoze and after, inssteede wherof ye may gyue a roasted quince or a warden with a litle suger & cinamon to eat.

Item an other goodly receit for the same intent.

Take Rozell seede, and the kernels of great reasons dyed, acorne cups, & the seede of white Poppy, of ech two Drams, saffron a good quantity, make them in pouder and temper the with the iuice of quincies, or sirrup of red Roses, this is a soueraigne thing in all flures of the wombe.

Many other things are witten of authoys in the sayde disease, which I here leaue out for breuity: and also because the afore rehersed medicines are sufficient enough in a case curable, yet will I not omit a goodly practise in the saide cure.

The peisill of an hart or a stagge dyed in pouder and drunken, is of great and wonderfull effect in stopping a flux: which thing also is aproued in the liuer of a beast called in english an Otter. The stones of him drunken in pouder a litle at once xxx. daies togeather, hath healed men for euer of the falling c-will.

### Of stopping of the belly.

**E**uen as a flux is dangerous, so is stopping and hardnes of the belly grievous and noysome to the childe, and is often cause of the cholike and other diseases.

Wherefoze in this case ye must alway put a lITTLE honie in the childes meate: and let the nurse giue him honie to sucke vpon her finger, and if this will not helpe, then the next is to mire a litle fine and cleare turpentine with honie, and so to resolute it in a saucer, and let the childe sup of it a litle.

This medicine is described of Paulus Aegineta, and recited of diuers other as a thing very wholesome and agreeing to the nature of the childe: for it doth not onely loosen the belly, without grieve or daunger, but dooth also purge the liuer and the lungs,



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luniges, with the spleene and kidneyes, generally comfortyng all the spiritual members of the body.

The gall of an Oxe or a Cowe laid vpon a cloute on the navel, causeth a childe to be loose belied, likewise an emplaister of a rosted Onion, the gall of an oxe, and butter laide vpon the belly as hot as he may suffer. If these will not helpe, yee shall take a litle cotten, and dipped in the saide gall, put it in the saide fundament.

### Of wormes.

**T**here bee diuers kindes of wormes in the belly, as long, short, round, flat and some small as lyce, they be al engendred of a crude, grosse, or phlegmatike matter, and neuer of choler nor of melancholie, for al bitter things killeth them, and all swete meates that engender fleume, nourisheth and feedeth the same. The signes differ according to the wormes. For in the long and round, the patient commonly hath a dry cough paine in the belly about the guts, sometime vering and trembling in the night and start suddenly and fall asleepe againe, otherwhiles they gnash and grinde their teeth together, the eyes were hollow with an eager looke, and haue great delight in slumbring and silence, very loth when they are awaked. The pulse is vncertaine, and neuer at one stay, sometime a feuer with great cold in the ioints, which endureth thre or foure houres in the night or day, many haue small desire to meate, and when they desire they eate very greedily, whiche if they lacke at their appetite, they forsake it a great while after, the whole body consumeth and wareth lene, the face pale or blew: sometime a flux, sometimes vomit, & in some the belly is swollen as kisse as a taberet. The long and broade wormes are knowen by these signes, that is to say, yellownes or whitishnes of the eyes, intollerable hunger, great gnawing and griping in the belly, specially afoze meate, water comming out at the mouth, or at the fundament, continuall itch and rubbing of the nosethilles, sonken eyes and a stinking breath, also when the person hath his easement there appeareth in the dung litle flat substances, much like the seeds of cucumers and gourds.

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The other lesse sorte are ingendred in the great gutte, and may well bee knowne by the exceeding itch in the fundament within, and are oftentimes scene coming out with the excrements. They be called of phisitions, *ascarides*.

Remedie for wormes in children.

The hearbe that is found growing vpon oysters by the seas side, is a singuler remedy to destroy woormes, and is called therefore of the *Greeks*, *Scoliraborani*, that is to say, the herbe that killeth woormes: it must bee made in powder, and giuen with swete milke to the childe to drinke. The *Physitions* call the same hearbe *Corallino*.

A singuler receit for to kill wormes.

Take the gall of a bull or ore, newly killed, and stampe in it a handfull of cummin, make a plaister of it, and lay it ouer all the belly, removing the same euery five houres.

Item the gall of a bull with seedes of *Colocynthis*, called *colocynthida* of the apothecaries, and an handfull of baiberries well made togeather in a plaister, with a spoonefull of strong vinegar, is of great effecte in the same case.

If the childe be of age or of strong complexion, ye may make a fewe pilles of aloes, and the powder of woorme-seede, then winde them in a peece of a singling lose, and annoint them ouer with a little butter and let them be swallowed downe whole without chewing.

Of swelling of the nauill.

If a childe lately borne, and tender, sometime by cutting of the nauill too nere, or at an inconuenient season, sometime by swadling or binding amisse, or of much crying, or coughing it happeneth otherwhiles that the nauill ariseth and swelleth with great pain, apostumateth, the remedy wherof is not much difference from the cure of bleers, sauing in this that ye ought to applic thinges of lesse attraction, then in other kinde of blcers, as for an example ye may make an ointment vnder this forme.

Take Spike or Lauender, halfe an ounce, make it in powder, and with iii. ounces of fine and cleare turpentine, temper it



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in an ointment, adding a portion of oyle of sweete almondes. But if it come of crying, take a litle bean floure, and the ashes of fine linnen cloutes bzent, and temper it with red wine and honye, and lay it to the soze.

A plaister for swelling in the nauill.

Take colwes dung, and drie it in powder, barley floure, and beane floure, of ech a portion, the iuice of knotgrasse a good quantitie, cummin a litle, make a plaister of all and set it to the nauill.

An other.

Take colwes dung and seeth it in the milk of the same cow, and lay it on the grieve. This is also marueilous effectuall, to helpe a sodaine ach or swelling in the legges.

Of the stone in children.

**T**he tender age of children as I saide afoze, is vexed and afflicted with many grievous and perillous diseases: among whom there is fewe or none so violent or more to be feared in them, then that which is most feared in al kinde of ages, that is to say, the stone, an huge and pittifull disease, ener the more encreasing in daies, the more rebelling to the cure of physick.

Therefore is it exceeding daungerous when it falleth in children, for asmuch as neither the bodie of them may well be purged of the matter antecedent called humors Peccans, nor yet can abide any violent medicine hauing power to breake it, by reason whereof the saide disease acquireth such a strength aboue nature, that in processe of time it is vtterly incurable.

Yet in the beginning it is healed thus oftentimes.

First let the nurse be well dieted, or the childe, if it be of age, abstaining from all grosse meats, and harde of digestion, as is beefe, bacon, salt meates and cheese, then make a powder of the roote of piony dried, and mingle it with as much hony as shall be sufficient, or if the childe abhorre hony, make it up with sugar, molten a litle vpon the coales, and giue thereof vnto the childe more or lesse, according to the strength, twice a day, till ye see the urine passe easily, ye may also giue it in a reere egge, for without doubt it is a singular remedy in children.

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An ointment for the same.

Oyle of Scorpions, if it may be gotten, is exceeding good to anoint with, all the members and the neither part of the belly right against the bladder, ye may haue it at the Apotecaries.

A singuler bath for the same intent.

Take mallows, holihoock, Lilly rootes, Linseed, and Varietary of the wall, seeth them all in the broth of a sheepes head, and therein use to bath the child oftentimes, for it shal open the straitnes of the conoits, that the Stone may issue, swage the paine, and bring out the granel with the vyine, but in more effect when a plaister is made, as shall be said hereafter, and laid vpon the reines and the belly, immediately after the bathing.

A plaister for the stone.

Take Varietary of the wall, one portion & stampe it, doues donge another portion, and grinde it, then fry them both in a panne, with a good quantity of fresh butter, and as hot as may bee suffered, lay it to the belly and the backe, and from foure houres to foure, let it be renewed.

This is a soueraine medicine in all manner ages. Item another pouder which is made thus.

Take the kernels or stones that are found in the fruite, called Openers or mespiles, or of some medlars.

Make them in fine pouder, which is wonderfull good for to breake the stone without danger, both in yong and old.

The Chestwoymes dyed and made in fine pouder, taken with the broth of a chicken, or a little sugar, helpeth them that cannot make their vyne.

Of pissing in the bed.

**M**any times of debility of vertue retentive of the reines or bladder as wel old men as chilozen, are oftentimes annoyed, when their vyne issueth out either in their sleep or waking, against their wil, having no power to retaine it when it commeth, therfore if they will be holpen, first they must aniole al fat meats, til the vertue retentive be restored againe, and to use this pouder in their meates and drinks.

¶

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Take the weseand of a cocke, and pluck it, then bzen it in powder, vse of it twice or thise a day. The stones of an Hedghogge poudzed is of the same vertue.

Item the clawes of a goate, made in powder dronken, or eaten in pottage.

If the pacient be of age, it is good to make fine plates of lead, with holes in them, and let them lie often to the naked back.

### Of brusting.

**T**he causes of it in a child are many, for it may come of very light occasions, as of great crying, & stopping y breath, binding to straight or by a fall, or of too greate rocking, & such like, may cause the filme that spredeth ouer the belly, to break or to flake, and so the guts fall downe into the cod, which if it be not bitterle incurable, may be healed after this sort.

First lay the pacient so vpon his back that his head may be lower then his heeles, then take and reduce the bowels with your hand into the due place, after ward ye shall make a plaster to be layd vpon the cods and bound with a lace rounde about the backe, after this fourme.

Take rosin, frankensence, massike, cummin, linesede, and Anise seede, of euery one alike, powder of Diamond rootes, that is to say, of the brode ferne, the fourth part of all, make a plaster with sufficient ople Olive, & fresh swines grese & spreds it on a lether, and let it continue (except a great necessity) two or thre weekes, after that apply another like, til ye see amendment. In this case it is very good to make a powder of the haire of an Hare and to temper it with suger or conseruaroies, and giue it to the child twice euery day. If it be about the age of vii. yeare, ye may make a singuler receit in drinke to be taken euery day twice, thus:

### A drinke for one that is brusten.

Take Masse len, daises, Conserp, & Diamondes, of euery one like, sceth them in the water of a smiths forge, to the iii. part, in a vessel couered, on a soft fire, the straine it & giue to drinke of it a good draught at once moorning & euening, adding euermore in his meats & drinks, y powder of the hair of an hare, being dyed.

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### Of falling of the fundament.

**M**any times it happeneth that the gut called of the latines Rectum intestinum, falleth out at the fundament & cannot be gotten in againe without paine & labour, which disease is a common thing in childre comming oftentimes of a sodain cold or a long laxe, and may well be cured by these subscribed medicines.

If the gut hath bene long out, & be so swollen that it cannot be reposed, or by coldnes of the aire be congeled, the best counsell is to let the child sit on a hot bath, made of the decoction of mallows, holihocke, Linseed, & the rootes of Lillies, wherein ye shal bath the fundament with a soft clout, or sponge, & when the place is suppld, thrust it in againe, which done then make a powder thus:

#### A powder for falling of the Fundament.

Take the powder of an Harts horn bzent, the cups of acorns dzyed, rose leanes dzyed, Goatesclawes bzent, the rinde of a Pomgranate, and of galls, of euery one a portion. Make the in powder, and strew it on the fundament. It shalbe the better, if ye put a little on the gut, afore it be reposed in the place, and after it be settled, to put more of it vpon the fundament, then binde it in with hot linnen clothes, and giue the child Quinces or a roasted Warden, to eat with Cinamon and sugar.

#### An other good powder for the same.

Take galls, mirre, frankensence, mastike and aloes, of euery one a litle, make them in powder & strew it on the place. A litle Tar with gosse grese, is also very good in this case.

#### An other good remedy.

Take the wooll from between the legs or of the necke of a shep, which is full of sweate & fatty, then make a iuce of vnset leekes, and dip the wooll in it, and lay it to the place as hot as may be suffered, and when it waxeth cold, remoue it and apply an other hot, this is a very good remedy for falling of the fundament.

If the child prouoke many times to seege, and can expel nothing, that disease is called of the Greekes Tenesnios, for the



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which it shalbe very good to apply a plaister made of Cardein Tressis and of cummin inlike quantity, fry them in butter and lay it on the belly as hot as he may suffer.

It is also commended, to fume the neyther parts with Turpentine & pitch, and to sit long vpon a bourd of Cedar or Juniper as may be possible

### Chafing of the skinne.

**I**n the flankes, armeholes, and vnder the eares, it chaunceth often times that the skin fretteth, either by the childes owne vyne, or for the default of washing, or els by wrapping & keeping too hot. Therefore in the beginning, ye shal anoint the places with fresh capons grease, then if it wil not heale, make an ointment, and lay it on the place.

### An ointment for chafing and galling.

Take the roote of floureluce dried, of red roses dyed, Galinglee, and Pastike, of eche a like quantity, beate them into most subtile pouder: the with oile of roses, or of linsæde, make a soft ointment.

Item the lungs of a Weather dyed, and make in very fine pouder, healeth al chafings of the skin, and in like manner the fragments of thomakers lether bzent, & cast vpon the place, is as fine pouder as is possible, hath the same effect, which thing is also good for the galling or chafing of the feete, of whatsoeuer cause it commeth.

Item beane floure, barley floure, & the floure of fitches tempered with a litte oile of roses, maketh a souerain ointment for the same intent.

If the chafings be great, it is good to make a bath of Holihocke, oil, violets, & Linsæde, with a litte bzan, then to washe the same places oftentimes. and lay vpon the soze, some of the same things. The decoction of Plantain, Bursa pastoris, horse-taile and knotgrasse, is exceeding good to heale all chafings of the skin.

### Of small Poxes and Measels.

**T**his disease is common & famillier, called of the Greeks by the general name of Exanthemata & of Plini, papule et pituite eruptiones,

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ruptiones, notwithstanding the consent of wryters, hath obtained a distinction of it in ii. kindes: that is to say, varioli the meafels, and Morbili called of vs the small pox. They be both of one nature, and proceede of one cause, sauing that the meafels are engendred of the inflammation of blood, and the small pox of the inflammation of blood mingled with choler.

The signes of them both are so manifest to sight, that they neede no farther declaration, for at the first, some haue an itch and a fretting of the skinne, as if it had bene rubbed with nettles, payne in the head and in the backe, the face red in colour and flecked, seare in the face, great thirst, rednes of the eyes, beating in the temples, shooting and pricking through all the body, then anon after when they bzeake out, they bee seene of diuers fashions or formes, sometimes as it were a dyz scabbe or a lepyz spreding ouer all the members, otherwhiles in pushes pimples & wheals, running with much corruption and matter, and with great paine of the face and throte, drynesse of the tongue, hoarsenes of voice, and in some quivering of the hart with shouning. The causes of these euill affections, are reherfed of authozs, to be chiefly iiii. First of the superfluities which might be corrupt in the wombe of the mother, the childe there being, and receiuing the same into the pores, the which at the time for debility of nature, could not be expelled, but the childe encreasing after ward in strength, bee driuen out of the beines into the vpper skinne. Secundarily it may come of a corrupt generation, that is to say, when it was engendred in an ill season, the mother being sicke of her naturall infirmity: for such as are begotten that time very seldome escape the disease of lepyz.

The third cause may bee an euill diet of the nurse or of the childe it selfe, when they feede vpon meates that increase rotten humours, as milk and fish, both at one meales, likewise excessse of eating, drinking, and surfet.

Fourthly this disease cometh by the way of contagion, when a sicke person infecteth an other, and in that case it hath great affinitie with the pestilence.



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### Remedy.

The best and most sure helpe in this case, is not to meddle with any kinde of medicines but to let nature worke her operation, notwithstanding if they be too slow in comming out, it shalbe good for you to giue the childe to drinke sodden milke and seffron, and to keepe him close and warme, whereby they may the sooner issue forth, but in no case to administer any thing that might either repressse the swelling of the skin or to coole the heat that is within the members. For if this disease which should be expelled by a naturall action of the body, to the long health after ward of the patient, wherby force of medicine couched in againe it were euen enough to destroy the Chylde. Therefore abide the full breaking out of the saide wheles, and then (if they bee not ripe,) ease the childes paine by making a bath of hollibock, bill, camomill, and fenell, if they be ripe and matter, then take fenell, wormewood and sage, and seeth them in water to the third parte, wherein ye may bathe him with a fine cloth or a sponge. Alwaies provided that he take no colde during the time of his sicknes. The wine wherein figs haue bene sod, is singular good in the same case, and may well be vled in all times and causes. If the wheales be outrageous and great, with much corrosion and venom, some make a decoction of roses and plantaine in the water of oke, and dissolue in it a little english honie and Camphore. The decoction of water betony, is approued good in the saide diseases. Likewise the ointment of herbes whereof I made mention in the cure of scabs, is exceeding holesome after the sores are ripe. Moreover it is good to drop in the patients eyes, five or sixe times a day a litle rose or fenell water, to comfort the sight, least it be hurt by continuall running of matter. This water must bee ministred in the summer colde, and in the winter ye ought to apply it luke warme. The same rose water is also good to gargle in his mouth, if the childe be then pained in the throte. And least the conduits of the nose should be stopped, it shall bee expedient to let him smel often to a sponge wet in the iuice of sauery, strong vineger and a litle rose water.

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To take away the spots and scarres of the small pox & meafels.

The blond of a bul or of an hare is much commended of authors to be annointed hot vpon the scarres, and also the licour that issueth out of sheepes clawes or goats clawes, heat in the fire. Item the dripping of a signet or swan laid vpon the places oftentimes hot.

Feuers.

If the feuer vse to take the childe with a great shaking, and afterward hot, whether it be quotidian or tertian, it shall bee singular good to giue it in drinke, the blacke seedes of Hyonic made in fine powder, searced and mingled with a little suger. Also take plantaine, fetherfewe, and veruein, and bathe the childe in it once or twice a day, binding to the pulces of the hands and feete a plaister of the same herbes stamped, and prouoke the childe to sweat afoze the fit cometh. Some giue conuall in a hot feuer, to apply a cold plaister to the brest made in this wise. Take the iuice of wormewood, plantaine, mallowes and housleeke, and temper in them as much barley flower, as shall bee sufficient, and vse it. Or thus and more better in a weake patient. Take dry roses and powder them, then temper the powder with the iuice of endiue or parcelane, rose water, and barley floure and make a plaister to the stomack. Item an ointment for his temples, armes and legges, made of oyle of roses, and populeon, of ech like much.

A good medicine for the ague in children.

Take plantaine with the roote, and wash it, then seeth it in faire running water to the thirde part, whereof ye shal giue it a draught (if it be of age to drinke) with sufficient suger, and lay the sodden herbes as hot as may be suffered, to the pulces of the handes and feete. This must be done a litle afoze the fit, and afterward couer it with clothes.

The oile of nettles, whereof I spake in the title of stiffness of limmes, is exceeding good to annoint the members in a cold shaking ague.

Of swelling of the coddies.

To remove the swelling of the coddies proceeding of ventosity, or of any other cause, (except bruising) whether it be in



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inflammation or witchheit, here shall be rehearsed many good remedies, of which yee may vse, according to the qualitie and quantitie of the grieve: alway provided, that in this disease, yee may in no case apply any repercussives, that is to say, let no cold heards to drive the matter back, for it would then returne againe into the bodie, and the congelation of such a sinowye member wold peradventure mortifie the whole. And about al ye may set no plaister to the stones, wherein humlock entreth, for it will deprive them for ever of their growing, and not onely them but the vessels of veines, when they bee annoyed therewith, by a certaine qualitie, or rather an euill propertye being in it.

A goodly plaister for swelling of the stones.

Take a quart of good ale wort, and set it on the fire to seeth, with the crummes of bryowne breade strongly leened, and a handfull of cummin or more in powder, make a plaister with all this, and sufficient beane floure, and apply it to the grieve, as hot as may be suffered.

Another.

Take Colours dang, and seeth it in milk, then make a plaister and lay it meetely hot vpon the swelling.

Another.

Take cummin, aniseeds, and fenugreeke, of ech a like portion, seeth them in ale and stampe them; then temper them with fresh may butter, or a little oyle olive, and apply it to the toye.

Another.

Take camomill, hollthock, Linseede, and fenugreeke seeth them in water, and grinds altogether, then make a plaister with a handfull of beane floure, and vse it.

Another in the beginning of the grieve.

If there be much inflammation or heat in the coddos, ye may make an ointment of plantaine, the white and yolke of an egge, and a portion of oile of roses, stirre them wel about, and apply it to the grieve twice or thrise a day. When the paine is intolerable, and the childe of age, or of strong complexion, yf the

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if the premisses wil not help, ye shal make a plaister after this sort. Take hennbane leaues, an handful and an half, Mallo w leaues, an handful, seeth them wel in cleare water, then stampe the & stir the, & with a litle of the broth, beane floure, barley floure, oile of roses & caniomil sufficient, make it vp and set on the swelling, luke warm. Hennbane Auicen saith: is exceeding good to reselue y hardnes of the stones by a secret quality. Notwithstanding, if it come of wind it shalbe better to vse the said plaisters y are made with cummin, for that is of a singuler operation in dissoluing wind, as affirmeth Dioscorides wyting of the qualities of cummin.

Of sacer ignis or chingles.

**I**n Greeke herisipelas, & of the Latines Sacer ignis our englishe women cal it the fyre of Saint Anthony, or chingles, it is an inflammation of mebers with exceeding burning & rebnts, harde in the feeling & for the most part crepeth about the skin or but a litle deep within the flesh. It is a grieuous pain & may be likned to the fire in consuming. Wherefore the remedies that are good for burning, are also very wholsome here in this case. And first y greene ointment of herbs described in the chapter of itch, is of good effect also in this cure: mozeouer the medicines that are here described: Take at the Apotecaries of vnguentū galeni an ounce & an half, oyl of roses two ounces, vnguenti populeon nn ounce, the iuce of Plantain and nightshade one ounce or moze, the whites of three eggs, beat them altogether, and ye shall haue a good ointment for the same purpose.

Another.

Take earth worms & stampe them in vineger, then anoint the grieve euerie two houres. Itē the donge of a swan, or in lacke of it the dong of a goose stampe with the white & yolk of an eg is good. Itē doves dong stampe in salt, oyl or other, is a singuler remedy for the same purp etc.

Of burning & scalding.

**F**or burning and scalding whether it be with fire, water, oyle, lead, pitch, lime, or any such infortune: ye must beware ye sette no repercussive at the first, that is to say, no medicine of extreame cold, for that might chaunce to driue the feruent heate into the newes, & so stop the poyes, that it could not issue, wherof should happen



## The booke.

pen much incontinence in a great burning (but in smal it could not be so dangerous) wherefore the best is when ye see a member either bzent or scalded, as is said afore: Take a good quantity of brine which is made of water and salt, not too exceeding eiger or strong, but of a mean sharpnes, & with a clout or a sprung bath the member in it cold, or at the least blood warm, .iii. or .iiii. hours together, the longer the better: for it shall asswage much of the pain, & open the pores, cause also the fire to vapour, & giue a great comfort to the weak member. Then anoint the place with one of these medicines. Take oyle of roses one part, sweet creme two parts, hony halfe a part, make an ointment & vse it. Item al the medicine described in the last chapter, are of great effect in this case, likewise the green ointment made of water betony. Item a soueraine medicine for burning & scalding, and all unkind heats, is thus made. Take a dosen or more of hard roasted eggs, & put the yolks in a pot on the fire by the self, without licour, stir them & bray them with a strong hand, til there arise as it were a froth or spume of oyle to the mouth of the vessel, then presse the yolkes & reserue the licour, this is called oyl of eggs: a very precious thing in the foresaid cure. Moreover there is an ointment made of sheeps dong fried in oyle or in swines grese, the put to a litle ware & vse it. Also take quick lime & wash it in veriuice ix. or x. times, then mingle it with oyle, and keep it for the same intent. Item the iuce of the leaues of Lillies v. parts, & vinger one part, hony a litle maketh an excellent medicine, not only for this intet, but for al other kind of hot & running vlcers. Note that whatsoener ye vse in this case, it must be lated vnto blood warm. Also for auoiding of a scar keep the soze alway moist with medicine. Of kibes.

**T**he kibes of the heeles, are called in Latin *perniones* they proceede colde, & are healed with the subscribed remedies. A rape root roasted with a litle fresh butter, is good for the same grieve. Item a dosen of figs, sodden & stamped with a litle gosse grese, is good. Earth worms sodde in oyle, hath the same effect. Item the skin of a mouse clapped all hot vpon the kibe: with the haire outwarde, and it should not be remoued during thre daies.

A plaster for a kibe helc.

Take new butter, oyl of roses, hens grece, of ech an ounce, put the butter

## Of Children.

butter & y grease in a big rape root, or in lack of it, in a great apple or onio, & when it is roasted soft, bray it w<sup>th</sup> the oyl, & lay it plaister wise vpon the kibe.

An other.

Take the meate of apples and rapes roasted on the coales, of ech 3. ounces, fresh butter 2. ounces, ducks greace or swans grece, an ounce stamp them all in a morter of lead if it may bee had, or els grinde them on a faire marble and vse it.

Of consumption or leaneſſe.

**V**hen a childe consumeth or waxeth leane without any cause apparant, there is a bath commended of autho<sup>rs</sup>, to wash the childe many times, and is made thus. Take the head and feet of a Metaher, seeth them till the bones fall asunder, vse to bath the childe in this licour, & after annoint him with this ointment following. Take butter without salt, oile of roses and of violets, of ech an ounce, the fat of raw porke, halfe an ounce, ware a quartern of an ounce, make an ointment, where with the childe must be rubbed euerie day twice, this with good feeding shall encrease his strength by the grace of God.

Of goggle eies.

This impediment is neuer healed but in a very yong child, eue at the beginning, wherunto there is appointed no manner kind of medicine, but only an order of keeping, that is to say, to lay the child so in his cradel that he may behold direct against the light, & not to turne his eies on either of both sides. If yet he begin to goggle, then set the cradell after such a form, that the light may be on the contrary side: that is, from the same side from whence he turneth his eies, so that for desire of light he may direct the to y same part, & so by custom bring the to the due fashion. & in the night ther ought to be a candel set in likewise to cause him to behold vpon it, and remoue his eies from the euil custom. Also green clothes, yel. lowe, purple, are very good in this case to bee set, as is saide afoze. Furthermoze a coise or a biggin standing out besides his eies, to constrain the sight to behold direct for ward.

Of Lice.

Sometime not only childezen but also other ages, are annoyed with Lice, they proceed of corrupt humoz & are engedred w<sup>th</sup> in y skin, creeping out aliue throught y pores, which if they begin to swarm in exceeding number, that disease is called of the Grækes Phthiriaſis



## The booke.

rius where of Herode died, as is written in the actes of Apostles: and among the Romaines Scilla, which was a great tirant and many other haue beene eaten of lice to death, which thing, when it happeneth of the plague of God, it is past remedy, but if it proceedeth of a naturall cause, yee may well cure it by the meanes following. First let the pacient abstaine from all kinde of corrupt meates, or that breeds fleume, and among other, Figges, and Dates must in this case be utterly abhorred. Then make a lawa-  
toxy to wash and scoure the body twice a day, thus: Take water of the sea, or els bzine, and strong lye of ashes, of ech a like portion, woyme wood a handfull, seeth them a while, and after washe the bodie with the same licour.

A goodly medicine for to kill lyce.

Take the groundes or dregs of oyle, aloes, woyme wood, and the gall of a bull, or of an ore, make an ointment which is singular good for the same purpose.

An other.

Take mustard, and dissolue it in vineger, with a little saltpeter, and annoint the places, where as the lice are wont to breed.

Item an herbe at the apothecaries called Stauesacre, bymstone and vineger, is exceeding good. It is good to giue the pacient often in his drinke, pouder of an harts horne bzent, Stauesacre with oyle is a marueilous holesome thing in this case.

An expert medicine to driue away lyce.

Take the grounds or dregs of oyle, or in lacke of it, fresh swines greace, a sufficient quantitie, wherein ye shall chase an ounce of quicksilver till it be all sonken into the greace, then take pouder of Stauesacre serced, and mingle altogether, make a girdele of a wollen list mete for the midle of the pacient, and all to annoynt it ouer with the saide medicine, then let him were it continuallye next his skin, for it is a singular remedie to chase away vermin. The only odour of quicksilver killeth lice. These shal be sufficient to declare at this time in this little treatise of the cure of childezen, which if I may know to be thankfully receined, I will by Gods grace supply more hereafter: neither desire I any longer to liue, then I will employ my studies to the honour of God and profit of the weale publike.

Finis.

The

# *The contents of the Regiment of life.*

**O**f diseases and remedies of the head.

Paine comming of choler.

Paine caused of fleume.

Paine caused of melancholie.

Regiment for all headach.

Remedy for headach, of all causes.

Of diseases in the face.

To pallie a face incurable.

For rednesse of the face.

For cankers, blcers, and Noli me tangere.

For wormes in the face.

A purgation for the same.

Diet, for the same sicknesse.

For the eyes, and to quicken the sight.

For paine in the eyes.

For bloudshoten eyes.

For swelling of the eyes.

For sore eyes.

For great paine in the eyes.

For rednes in the eyes.

For hardnes in the eyes.

For all rednes of eyes.

To drie the eyes.

For webbes in the eyes.

Regiment for diseases in the eyes.

For infirmities in the eares.

For stinking of the nose.

For nosebleeding.

Remedy for toothach.

To make teeth white.

Remedies for diseases in the breast.

For a hoarse voice.

For the cough.



## The Table.

For shortnes of winde.  
 For Asthma.  
 An ointment for the breath.  
 Regiment for the same.  
 Remedies for pthiicke.  
 For the pluresie.  
 For diseases in the ribbes.  
 Weakenesse of the hart, and the cure.  
 Sowning.  
 For diseases of the stomack.  
 For weakenes thereof.  
 For abhorring of meate.  
 For belching.  
 For windinesse thereof.  
 For the hicket.  
 Regiment for the hicket.  
 For vomiting.  
 To comfort the stomack.  
 Paine in the stomack.  
 Remedies for diseases of the liuer.  
 A singuler purgation for choler.  
 Other medicines laxatiue.  
 For heat in the liuer.  
 For stopping of the liuer.  
 Remedy for diseases of the gall.  
 For Jaundies.  
 For diseases in the splene.  
 A goodly purgation for melancholie.  
 For the blacke Jaundies.  
 For all opilations.  
 Diseases of the bowels.  
 For cholike and Iliaca passio.  
 For the windie cholike.  
 A suppositoie.  
 A purgation for cholike of fleume.  
 A glister for all cholike.

Paine

## The Table.

Paine of the reines, and remedy.  
Dyett for colicke and paine of the reines.  
Fluxes of the belly.  
Remedy for the flux Lienteria.  
For the flux Diarthea and other.  
Lectuaries for the fluxe.  
For flux of all causes.  
Diseases of the Matrice.  
To staunch the flux of women.  
For strangling of the Matrice.  
For all paines of the mother.  
Of the stone in the reines and bladder, with the perfecte cure and  
dyett for the same.  
Of the goutte, with the causes and remedies.

FINIS.

## The contents of the Treatise of the Pestilence.

In the first part.

**A** Preface of the Authour.  
What is signified of the word Pestilence.  
The first roote or cause superiour of the Pestilence.  
The second roote superior.  
The third roote inferior.  
The fourth roote or cause inferiour.  
Of election of the ayre.  
Of eating and drinking.  
Of sleeping and waking.  
Of exercise.  
Of emptines and fulnes.  
Of accidents of the minde.  
Of medicines preseruatiues.  
A drinke for the pestilence.



## The Table.

A good preservative for the common people.  
A powder for the same.  
An other singuler remedy for riche men.  
An other soueraine and goodly receipt both preservative and curative.  
Of sweet waters.  
Perfumes against the pestilence.  
Pomaunders for pestilence.

## *In the second part.*

How to know a person infected.  
Of the cure of pestilence by the way of diet.  
Of the cure of pestilence by the way of medicines.  
A receipt against the pestilence.  
Monardus medicine.  
A lectuary of great vertue.  
An other medicine liquide.  
Of letting bloud, ventoses, and purgations.  
Of application of outward medicines.  
A plaister to ripe a botch comming of the pestilence.  
An other for the same.  
The vse of surgery for him that hath no botch.  
Of the cure of Carbuncles and Anthrax.  
A good defensive.  
A declaration of the vtilitie of veines commonly to be let blood in the body of man.

*F f N f S.*

